



Fort Zumwalt North Track and Field Invitational

Site: Fort Zumwalt West High School

Date: Friday, April 23rd – Fort Zumwalt North High School will conduct its 26th Annual Track and Field Invitational for Boys and Girls

Location: FZ West High School – 1251 Turtle Creek Drive, O’Fallon MO 63366 *Please note the change in location.

Teams are limited to 2 entries per event.

Medals will be awarded to places 1, 2, 3 and team plaques to the top two teams in each division (Boys and Girls)

Schedule of Events

3:00 Coaches Meeting – *Must start at 3:30 sharp!*

Field Events

3:30 **Girls Shot Put, Boys Shot Put, Girls Pole Vault, Boys Disc, Boys High Jump, Boys Triple Jump, Girls Long Jump, Girls Javelin**

5:15 Boys Javelin, **Girls Disc, Boys Long Jump, Girls High Jump, Boys Pole Vault, Girls Triple Jump**

*Please note the throw events will use the 1-1-1-1 format

Track Events

- Girls will run prior to Boys in each event
- There will be no prelims
- Events will be power seeded

3:30 3200M Run

4:00 4 x 800m Relay

100M/110M High Hurdles

100M Dash

4 x 200M Relay

1600M Run

4 x 100M Relay

400M Dash

300M Hurdles

800M Run

200M Dash

FZN Senior Recognition

4 x 400 Meter Relay

- The medal table will be set up by the bullpen. Medals will be handed out after each event is completed and score