

Kirkwood Old School/Early Bird

Place: Kirkwood High School

Date/Time: Tuesday, March 30, 2021 @4:15p.m

Scoring: Since this meet is early in the season, we will not be keeping a final team score, using our (FAT) system or awarding any medals. We will have a certified MSHSAA Starter. Team will time their own athletes.

Divisions: We will have JV/Varsity Divisions and you may run as many as you want in those levels, as long as they don't compete in more than (4) events. We will combine HEATS when necessary.

COVID19 Protocols

- NO TENTS
- No Team group warm ups at the beginning of the meet
- NO SPECTATORS ALLOWED
- Masks must be worn at all times, unless competing and then it is removed as you report to the starting line or when it is your turn to compete. Please establish a protocol to retrieve a mask(s) at the completion of competition.
- No more than 35 athletes per level (JV/V) per team (70) total
- Each school will have a designated place in the bleachers to sit and to remain with the team when not competing or warming up in the designated areas and times. Please do not sit with other teams.
- Anyone not wearing a mask will not be allowed into the meet that includes athletes, coaches and trainers.
- There will be no concession stands provided. Please bring your own water.
- No sitting in the infield/All warm-ups done in prescribed areas or outside the stadium at the designated times.
- Each team is required to properly screen their own athletes prior to admittance to any meet.
- Upon completion of all of the athletes' event(s), they should leave the stadium or wait in bleachers if riding back on the team bus.
- Adhere to social distance guidelines for the restrooms.
- No camps in the infield and athletes are discouraged from grouping together at any time during the meet. You will be required to warm-up in the designated warm up area in the infield, during your designated times.
- Additional warm up areas are outside the stadium.

Please adhere to the COVID19 protocols found within this information as approved by St. Louis County. We are asking you to observe the warm-up window times for the infield and track, in order to avoid the infield with too many athletes. When you arrive at the stadium, you will be assigned a place in the bleachers for your team to sit until the specific warm-up is announced or is scheduled. **The customary whole team warm up upon arrival will not be allowed.**

Field Events:

The Discus is located near the softball field, behind the natatorium and the shot put is located near the batting cages behind the gymnasium. There are no lights on those fields, so we will allow each thrower 3 throws each, no finals. Each athlete will compete in their assigned school groups. (see chart) KHS coaches will make sure the social distancing guidelines are enforced in those events.

In the Long Jump and Triple Jump, each jumper may take 3 jumps and compete in school groups, in order to follow social distancing guidelines. (see chart)

Order of Events
Coaches Meeting: 3:45

Track Events Time Schedule:

JV followed by V or combined HEATS when necessary. The meet will follow the time schedule:

4:15: 4x800 relay
4:30: 100m hurdles
4:40: 100m dash
4:55: 4x200 relay
5:10: 1600m run
5:30: 4x100 relay
5:45 400m dash
6:00: 300m hurdles
6:10: 800m run
6:20: 200m dash
6:30: 3200m run
6:55 4x400m relay

RUNNERS MAY ONLY WARM UP DURING THEIR DESIGNATED TIME ON SCHOOL GROUNDS!!!!!!

Warm up window on infield/Running events

*3:30-4:15	4x800	5:15-5:45	400m
*3:45-4:30	100m hurdles	5:30-6:00	300 hurdles
4:10-4:40	100m dash	5:40-6:10	800m run
4:25-4:55	4x200	5:50-6:20	200m dash
4:40-5:10	1600m	6:05-6:35	3200m run
5:00-5:30	4x100	6:25-6:55	4x400

*Longer than 30 mins.

***High Jump may warm up on the infield upon arrival until the completion of your event**

FIELD EVENT SCHEDULE:

THROWS SCHEDULE:

		SHOT PUT	DISCUS	JAVELIN	OFF CYCLE
4:00 to 4:40	ROUND 1	KIRKWOOD GATEWAY	LINDBERGH	WEBSTER	NWHS
4:40 to 5:20	ROUND 2	NWHS	KIRKWOOD GATEWAY	LINDBERGH	WEBSTER
5:20 to 6:00	ROUND 3	WEBSTER	NWHS	KIRKWOOD GATEWAY	LINDBERGH
6:00 to 6:40	ROUND 4	LINDBERGH	WEBSTER	NWHS	KIRKWOOD GATEWAY

Javelin will now be on the soccer field behind the track stadium

Discus and shot put are still on the other side of the school from the track

TRIPLE/LONG JUMP SCHEDULE:

		TRIPLE JUMP	LONG JUMP	Warm up time on Infield
4:00-4:45	ROUND 1	NW/GATEWAY	LINDBERGH	3:30-4:45
4:45-5:15	ROUND 2	WEBSTER	KIRKWOOD	4:00-5:15
5:15-6:00	ROUND 3	LINDBERGH	NW/GATEWAY	4:30-6:00
6:00-6:45	ROUND 4	KIRKWOOD	WEBSTER	5:15-6:45

WARM AREAS IN STADIUM

