



Fort Zumwalt North Track and Field Invitational

Site: **Fort Zumwalt North High School**

Date: Friday, April 22nd – Fort Zumwalt North High School will conduct its 26th Annual Track and Field Invitational for Boys and Girls

Location: *FZ North High School, 1230 Tom Ginnever Ave. O'Fallon MO 63366*

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

We will try and maintain a time schedule and will do everything we can to remain on schedule.

Schedule of Events

3:00 Coaches Meeting – ***Must start at 3:00 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	3200 Meter Run	400M Dash
4:00	3200 Meter Relay	Para 400 M Dash
	100M/110M High Hurdles	300M Hurdles
	100M Dash	800M Run
	Para 100M Dash	200M Dash
	4X200M Relay	Para 200 M Dash
	1600M Run	FZN Senior Recognition
	4X100M Relay	4x400 Meter Relay