

Old School/Early Bird

Kirkwood Girl's & Boy's Track Team is pleased to have your team participate in our Old School/Early Bird Meet (formerly Kirkwood Quad) at Kirkwood High School on March 31, 2022 @4:00 p.m. As in the past, there will be unlimited entries.

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. This meet is an old-fashioned track meet (without the cinders on the track)...We will have a certified MSHSAA Starter. This meet will give you the opportunity for all your athletes to compete that have met the 14-day conditioning requirements.

You will be responsible for timing your athletes. 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.

We will need help in running off field events. We will run the normal order of events. Hurdles will be run at the normal height for each hurdle event for Girls and Boys.

Field Events:

The Discus is located near the softball field and the Shot put is located near the batting cages. There are no lights on those fields, so we will allow each thrower 3 throws each, no finals and will conclude before it gets too dark to throw. Boys will throw the shot first followed by the Girl's shot. Girls will throw the Discus first followed by the boy's Discus. Javelin will take place at the end of those events or at the conclusion of soccer practice when the field is available around 5:30pm.

In the Long Jump and Triple Jump, each jumper may take 3 jumps in the final cafeteria style. Girl's and Boy's Long jump will be cafeteria style and run the same time as Boys & Girls Triple. High Jump will begin first for Girls followed by Boy's high jump. Athletes may come in wherever they feel comfortable. Boys & Girls Pole Vault will be combined.

Bus drop off will be at the Chopin parking lot, then the bus can head north on Chopin to the Dougherty Ferry parking to park the bus.

There will be a small fee divided among the schools for the cost of this meet. (Announcer, starter, finish line etc.) no timing fees.

Please email me your Field event preference for working the meet.

Thank you!

Field Events:

- 4:00-6:00 Long & Triple Jump (cafeteria style G&B)
- Boy's Shot followed by Girl's Shot
- Girl's Discus followed by Boy's Discus
- Javelin at 5:30
- Girl's High Jump followed by Boy's High Jump
- Boy's Pole Vault followed by Girl's Pole Vault combined

Time Schedule:

4x800m relay
100m hurdles
110m high hurdles
100m dash
4x200m relay
1600m relay
4x100m relay
400m dash
300m hurdles
800m run
200m dash
3200m run
4x400m relay