



Fort Zumwalt North Track and Field Invitational

Site: **Fort Zumwalt West High School**

To: Boys/Girls Track Coaches/Athletic Directors: Warrenton, Troy, St. Charles West, Northwest, Francis Howell Central, Holt, Francis Howell North, Fort Zumwalt South, Fort Zumwalt North, Fort Zumwalt West

Date: Friday, April 21st – Fort Zumwalt North High School will conduct its 27th Annual Track and Field Invitational for Boys and Girls

Location: **FZ West High School**, 1251 Turtle Creek Dr., 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)

Schedule of Events

3:00 Coaches Meeting

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

5:00 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 for Jav & 2-2 for Shot & Disc

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

4:00 3200 Meter Relay

100M/110M High Hurdles

100M Dash

Para 100M Dash

4X200M Relay

1600M Run

4X100M Relay

400M Dash

Para 400 M Dash

300M Hurdles

800M Run

200M Dash

Para 200 M Dash

FZN Senior Recognition

4x400 Meter Relay

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