

Marquette JV Meet Information

Date: Wednesday, April 12, 2023

Place: Marquette

Time: 4:00 pm

Teams: Eureka, Marquette, Northwest, Parkway Central, St. Joseph's Academy

This meet should end between 6 and 7 pm. The meet will move pretty fast from event to event and you have to be paying attention to what event we are on to be warmed up and ready for your event. There will not be a timing company or medals and we will time our own athletes similar to at Kirkwood. If you are doing a field event you **MUST** check in with the managers and have them record your best result. **IT IS UP TO YOU TO BE RESPONSIBLE AND ASK THE PERSON RUNNING OFF THE EVENT WHAT YOUR RESULT IS AND GET THAT CORRECTLY TO OUR MANAGERS.**

Order of Track Events

4x800m Relay
100 Hurdles
100m
4x200m Relay
1600m
4x100m Relay
400m
300m hurdles
800m run
200m
4x400m Relay

Field events:

Discus
Shot put
Javelin
High jump
Pole vault
Long jump
Triple jump

Field Events: Start at 4:15

Girl's High Jump @ 4:15 PM (Marquette will run off)

***In a short meet like this, the bar needs to keep moving; don't plan on it "waiting" for you**

Girls Pole Vault @ 4:15 (Marquette will run off)

***In a short meet like this, the bar will need to keep moving; don't plan on it "waiting" for you**

Girl's Long Jump 4:15-5:15 3 jumps (Marquette will run off)

***cafeteria style (sign in with your name & get your jumps in sometime during the hour)**

Girls Triple Jump 5:15-6:15 3 jumps (Parkway Central will run off)

***cafeteria style (sign in with your name & get your jumps in sometime during the hour)**

THROWS: 4 throws total (2 and 2; measure one).

We will need all teams/athletes to help with the discus/javelin in making sure you have 2 implements to throw, and you have teammates to retrieve those implements.

- **Discus: 3:45-5:00 (or until it's finished)--Marquette will run off.**
 - **Northwest and Marquette discus throwers will begin as soon as 3:45; other teams will join as they arrive.**
- **Shot Put (Northwest will run off): 4:00-6:00**
 - **EUR, SJA, and PC shot put athletes may want to start here**
- **Javelin (Eureka will run off): Starts as soon as discus ends.**

Running Events: Start at 4:15

Meet at the starting line for each race. 4x800 relay

100m hurdles

100m dash

4x200 relay

1600m run

4x100 relay

400m dash

300m hurdles

800m run

200m dash

(no 3200; there will be a short break between the 200 &

4x400)

4x400m relay