

AAA CONFERENCE **OPENS**

@Lutheran High School (St. Peters, MO.)

GENERAL INFORMATION



Date: Friday, March 15th, 2019

Time: Coaches Meeting: 3:30 PM

Field Events: 4:00 PM

Track Events: 4:30 PM

Reminders:

Meet Entries: We will use TRXCTiming for online entries and timing. Entries are due no later than **Wednesday, March 13th at 9:00 AM** – [Online Entry Form](#)

Scratches/Changes: Coaches can manage their roster until **Friday, March 15th at 9:00 AM** – [Scratches / Changes](#)

Coaches Meeting: There will be a coaches meeting at 3:30 PM in the Home Locker Room (to the right of the stadium). Each team must have at least 1 representative present. We will make final scratches and heat adjustments if necessary. **There will be NO ADDS.**

Track Events: New this year: Due to the earlier date of the meet and the weather playing a role in everyone's ability, **it was agreed upon by multiple AAA Coaches & Directors that it is in the best interest of all of our athletes to host this meet as an Unlimited Entry Open Meet as opposed to the traditional Championship Relay format.**

Field Events: All field events (aside from PV & HJ) will be run cafeteria style with 3 attempts & no finals. Each pit/ring will be open for 1 hour; a final attempt announcement will be made with 10 mins left in the competition; Run-throughs will not be allowed once the event has started.

Awards: A team champion plaque will be awarded to the first place team in each division (Boys/Girls). Medals will be awarded to the Top 3 places in each event. **We did not order medals for all open events.** Event Scoring will follow the 10-8-6-4-2-1 format for all events.

Team Camps & Warm-Ups: Coaches & Administrators, please help supervise your program as we would like to limit the field (turf) infield access to **COACHES ONLY**. Please ensure that your athletes are not setting up a small camp on the infield or in the designated warmup areas. We have plenty of seating available in the stands, hills and walkways. **Prior to competition, competing athletes will be allowed to warm up from the East End Zone to the 20 yard line. This area will be roped off for competitors who are warming up for their upcoming event.**

Team warmups must be completed on the track or back field across the bridge. **PLEASE, NO TEAM CAMPS IN THE HOME STANDS; NO TEAM WARMUPS ON THE TURF.** Team warmups must be completed on the track, in the designated warm-up zone on the field or back field across the bridge.

Locker Room/Restrooms: Coaches, Athletes and Spectators will need to enter the school from the North or South Entrances to access restrooms inside the school.

Admission Fee & Concessions: No Entry Fee; There will be concessions available.

<u>Work Assignments</u>	High Jump	Long Jump	Triple Jump	Pole Vault	Shot Put	Discus	Javelin
Boys	Duchesne	Dubourg	Lutheran	Tolton	Borgia	St. Dominic	Trinity
Girls	Rosati-Kain	Notre Dame	Lutheran	Tolton	St. Marys	Ritter	Christian

Meet Schedule

4:00 PM – Field Events (Warmups begin at 3:30 PM)

Men - Long Jump; Javelin; Shot

Women – Long Jump; High Jump; Pole Vault; Discus

4:30 PM – Track Events (Warmups begin at 3:30 PM)

Rolling Meet Schedule with Women's events before Men's

6:00 PM – Field Events (Warmups begin at 5:30 PM)

Men - Triple Jump; High Jump; Pole Vault; Discus

Women – Triple Jump; Javelin; Shot

Order of Running Events

1. Girls 100 Meter Hurdles
2. Boys 110 Meter Hurdles
3. Girls 100 Meter Dash
4. Boys 100 Meter Dash
5. Girls 1600 Meter Run
6. Boys 1600 Meter Run
7. Girls 400 Meter Dash
8. Boys 400 Meter Dash
9. Girls 300m. Low Hurdles
10. Boys 300m. Int. Hurdles
11. Girls 800 Meter Dash
12. Boys 800 Meter Dash
13. Girls 200 Meter Dash
14. Boys 200 Meter Dash
15. Girls 3200 Meter Run
16. Boys 3200 Meter Run

2019 Teams: Lutheran; Trinity; St. Dominic; St. Francis Borgia; Father Tolton; Christian; Duchesne; Cardinal Ritter; Bishop Dubourg; Rosati-Kain; Notre Dame; St. Marys

