



6th Annual Jaguar Track and Field Invitational JV/Varsity

Welcome to our fourth annual Jaguar Track and Field Invitational. We are proud to provide you a quality meet to begin your season off right. We are pleased that you have accepted our invitation.

Date: Friday March 15th, 2019

Location: Seckman High School

Teams: Boys: Oakville, Northwest, Mehlville, Seckman, Fox, and Windsor

Girls: Oakville, St. Charles West, Mehlville, Lindbergh, Seckman, Fox, Northwest, Festus and Windsor

Divisions: The meet will have four divisions: Boys JV, Boys Varsity and Girls JV, Girls Varsity. No seniors in JV division without special permission.

Entry Fees: \$125 per division (if you enter all four divisions it is only \$400.00). Mail entry fees to Ryun Kasten, Seckman High School 2800 Seckman Rd. Imperial, MO 60352.

Time: A brief coaches meeting will begin at 3:15 in the bleachers in front of the press box. Field events will start at 3:30 and running events will start at 4:00.

Awards: Individual/Relay Medals 1st through 3rd place.

Scoring: 10-8-6-5-4-3-2-1

Timing: Entries should be submitted on TRXC with link <http://trxctiming.com/> . Timing by Rich Schilling of TRX, 314-552-6176. **Entry deadline date is Wednesday, Mar 13th 9:00 a.m.**

Surface: 8-Lane, rubberized track. We allow 3/16 and below spikes on track and runways. **NO TAPE ON TRACK OR RUNWAYS**

Seeding: Teams will be allowed to enter two athletes in open events and one team per relay event. Athletes are allowed a maximum of four events and may not cross over between varsity and junior varsity. Lanes/Heats/Flights will be randomly selected due to lack of official times this early in the season. Please email your questions to Alan Farmer at farmer@fox.k12.mo.us

Field Events: Throwing events will have four throws, no finals. Long/triple jump will be cafeteria style with four jumps/no finals and high jump/pole vault will have three attempts per height. Javelin will

be added this year for medals, but not for team points. Opening Height for pole vault and high jump will be determined at coaches meeting.

Facilities: Restrooms and concession stand will be provided. Coaches will receive a meal ticket at coaches meeting. No locker rooms will be available.

Working Assignments: Please send your top 2 working assignment choices to farmer@fox.k12.mo.us.

Choices include: high jump, long jump, triple jump, pole vault, shot put, discus, javelin and exchange zones for relays.

Infield- Please inform your athletes that there is to be no food, drinks (other than water), sunflower seeds, or gum anywhere on the turf.

Field Events- Coaches will remain in the established coach's boxes in the field events area.

Field Event Complex- Coaches will remain behind the fence of the field events area unless they are responsible for working the specific event.

Tent City- Baseball field-Outfield only. Stay off of the infield: Do not bring food, sunflower seeds, drinks (other than water).

Concessions- There will be a concession stand available to athletes and general admission located on both sides of the stadium.

Hospitality- Coaches will receive a lunch ticket to redeem at our concession stand. Please do not use it to feed your athletes.

Parking: Buses may park at the parking lot located behind the elementary and west of the baseball field.

Games Committee- Brad Duncan and Head Coaches from Fox, Mehlville, Northwest, Windsor

Trainer- Larry Sanders, Seckman Athletic Trainer will be present at the meet.

Field Events 3:30 Discus-Girls JV, Girls V, Boys JV, Boys V

Shot-Boys JV, Boys V, Girls JV, Girls V

Long Jump-Girls JV, Girls V, Boys JV, Boys V

Triple Jump-Boys JV, Boys V, Girls JV, Girls V

Pole Vault-Boys JV, Boys V, Girls JV, Girls V

High Jump – Girls JV, Girls V, Boys JV, Boys V

Javelin – Girls JV, Girls V, Boys JV, Boys V

Track Events 4:00 (Girls JV/Varsity Followed By Boys JV/Varsity)

4x800 Meter Relay

100/110 Hurdles

100 Meter

4x200 Meter Relay

1600 Meter

4x100 Meter Relay

400 Meter

300 Meter Hurdles

800 Meter

200 Meter

3200 Meter

4x400 Meter