

Shot Put Javelin Discus 4X100

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4 X 100

**EAST SIDE
LADY LIONS FIELD & TRACK
GIRLS ONLY JV & VARSITY
"THROW DOWN"**

DATE:

WEDNESDAY MARCH 30, 2022

PLACE:

FORT ZUMWALT EAST HIGH SCHOOL
600 1ST EXECUTIVE AVE, ST PETERS, MO 63376

SCHEDULE:

3:00	JV JAVELIN	V SHOT PUT
4:00	JV SHOT PUT	V DISCUS
5:00	JV DISCUS	V JAVELIN
6:00	THROWERS	4x100 RELAY

DETAILS:

\$75 PER TEAM

3 THROWERS PER VARSITY EVENT

3 THROWERS PER JV EVENT

3 THROWS – NO FINALS

4x100 RELAY @ CONCLUSION OF THROWS EVENTS

RELAY TEAM MEMBERS MUST HAVE COMPETED IN THROWS EVENT(S)

ALL EVENTS WILL BE SCORED

(WORKERS WILL BE PROVIDED BY THE LADY LIONS)

AWARDS:

1 VARSITY TEAM PLAQUE – 1st thru 3rd PLACE INDIVIDUAL MEDALS

1 JV TEAM PLAQUE – 1st thru 3rd PLACE INDIVIDUAL MEDALS

ENTRIES:

ENTRIES ARE DUE BY MARCH 28TH, 2022

EMAIL ENTRIES TO: [HYPERLINK "mailto:rputnam@fz.k12.mo.us"](mailto:rputnam@fz.k12.mo.us)

rputnam@fz.k12.mo.us

ENTRY PAYABLE TO:

FORT ZUMWALT EAST

ATTN: GIRLS TRACK & FIELD

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