



1st Annual Grizzly Invitational

Friday, April 29, 2022

Location: North Point High School, 2255 W Meyer Rd, Wentzville, MO 63385

Contacts: Kyle Deeken, Head Boys/Girls Track and Field Coach, kyledeeken@wsdr4.org
Dr. Jacob Adams, Activities Director, jacobadams@wsdr4.org

Time Schedule: Girls, then Boys - Rolling Schedule

3:00pm - Coaches Meeting
3:30pm - 4x800 Meter Relay
100/110 Meter Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
4x100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4x400 Meter Relay

Field Events: 4 attempts & no finals, except HJ and PV. Cafeteria style.

3:30pm - G PV, B High Jump, BG Long Jump, B Shot Put, G Discus, B Javelin
5:30pm - B PV, G High Jump, BG Triple Jump, G Shot Put, B Discus, G Javelin

- Work assignments will be randomly assigned and emailed out prior to the meet.
If you have a preference, please email Coach Deeken before Tuesday, 4/26.

Participation:

- Participating Teams: North Point, Liberty (Wentzville), FZE, Troy, Washington, St. Charles West, Warrenton, Holt, Timberland, Clopton, Winfield, Union, North County
- Teams are limited to 2 athletes per event and 1 team per relay event. Athletes may compete in up to 4 events.

Registration/Timing: Registration will be completed on mo.milesplit.com. Timing will be done by TRXC Timing. Live results can be found on their website - trxctiming.com. The entry deadline will be listed on mo.milesplit.com.

Entry fees: We will be cost sharing.

Awards: We will be giving out medals to the top 3 athletes in each open event, top 3 relay teams, and 1 plaque to the team champion in each division.

Bus Parking: Buses can drop off outside of the stadium and will be allowed to park in the back parking lot near the auditorium.

Please email with any other questions. Thank you for participating in our first home meet!