



St. Charles West High School
Activities Department
3601 Droste Rd. St. Charles, MO 63301
Phone #: 636-443-4281
Fax #: 636-443-4285

GAC North V/JV Boys & Girls Track Championships
May 5, 2022

Location: St. Charles West High School
Steve Stahl Stadium – 2660 Zumbuhl Rd., St. Charles, MO 63301

SCW Activities

Director: Terry Oetting toetting@stcharlessd.org 636-443-4255

Timing: TRXC Timing

Entry Limit: Varsity – 2 per event, 1 per relay
JV – 3 per event (only 2 for high jump and pole vault), 1 per relay

Meet Entries: All entries will be made through milesplit.com. Coaches can manage their entries at [Mo.Milesplit](https://www.milesplit.com)

Entries will close **Tuesday, May 3 at 9:00 A.M.** All entries must be submitted by that time.

Entry

Questions: Rich Schilling – rich@trxctiming.com or 314-522-6172

Meet Program: [Heat/Flight Sheets](#)

Participating

Schools: North Point, Orchard Farm, St. Charles, St. Charles West, Warrenton, Winfield

Scoring: This will be a Scoring Meet 10-8-6-4-2-1

Awards: Medals will be awarded for the top 3 places in all events
A plaque will be awarded for the top 2 places in Varsity & JV

Spikes: 3/16 or smaller pyramid spikes only; no needles

Additional Information:

- No preliminaries; all heats against time
- All runners should report to the bullpen when called
- No spikes on bleachers or on turf
- No tape on track or runway

Activities Director: Terry Oetting
E-Mail: toetting@stcharlessd.org

Secretary: Rachel Holtgrewe
E-Mail: rholtgrewe@stcharlessd.org



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2:30pm – Coaches Meeting

3:00pm Field Events

Girls High Jump – Varsity (followed by JV)
Boys Pole Vault – Varsity (followed by JV)
Boys/Girls Long Jump – V/JV (Cafeteria style)
Boys Discus – Varsity (followed by JV)
Girls Javelin – Varsity (followed by JV)
Girls Shot Put – Varsity (followed by JV)

4:15pm Boys High Jump – Varsity (followed by JV)
Girls Pole Vault – Varsity (followed by JV)
Boys/Girls Triple Jump – V/JV (Cafeteria style)
Girls Discus – Varsity (followed by JV)
Boys Javelin – Varsity (followed by JV)
Boys Shot Put – Varsity (followed by JV)

Horizontal Jumps & Throwing Events: 4 attempts/No Finals

Starting Heights will be determined in coaches meeting



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Running Events (Rolling Schedule/JV precedes Varsity)

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|-------|----------------------------------|
| Girls | 4x800 Meter Relay |
| Boys | 4x800 Meter Relay |
| Girls | 100 Meter Hurdles |
| Boys | 110 Meter High Hurdles |
| Girls | 100 Meter Dash |
| Boys | 100 Meter Dash |
| Girls | 4x200 Meter Relay |
| Boys | 4x200 Meter Relay |
| Girls | 1600 Meter Run |
| Boys | 1600 Meter Run |
| Girls | 4x100 Meter Relay |
| Boys | 4x100 Meter Relay |
| Girls | 400 Meter Dash |
| Boys | 400 Meter Dash |
| Girls | 300 Meter Low Hurdles |
| Boys | 300 Meter Intermediate Hurdles |
| Girls | 800 Meter Run |
| Boys | 800 Meter Run |
| Girls | 200 Meter Dash |
| Boys | 200 Meter Dash |
| Girls | 3200 Meter Run (V & JV together) |
| Boys | 3200 Meter Run (V & JV together) |
| Girls | 4x400 Meter Relay |
| Boys | 4x400 Meter Relay |

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