

ROCKWOOD SUMMIT TRACK & FIELD

Home of the Falcons

BOYS PROGRAM:

ROLLAND GARRISON

Head Coach

garrisonrolland@rsdmo.org

GIRLS PROGRAM:

ERIN HOPKINS

Head Coach

hopkinserin@rsdmo.org

To: Activities Directors and/or Track & Field Coaches
RE: 19th Annual “Corey Siebert – Lakeshia Finch” Coed Track & Field Invitational

With an additional name to the title of this invitational, (*and a minor format adjustment*), our 19th Annual “Corey Siebert – Lakeshia Finch” (Falcon) Coed Track & Field Invitational on Saturday, April 15, 2023 will surely be another outstanding meet. TRXC Timing will be providing registration assistance as well as timing and meet support. However, for registration of your athletes into the meet, you will need to access a website link to MoMileSplit (<https://mo.milesplit.com/meets/515783>). The “*minor adjustment*” is in regard to our competition divisions. Our Varsity Division shall remain as it always has been, (9th -12th grade), **yet we will be migrating from offering a JV Division to a Freshmen/Sophomore Division (9th & 10th graders ONLY)** and continue with **NO ENTRY CROSSOVERS ACROSS DIVISIONS**. Please contact us with any concerns.

[Click Here](#) to see heat and flight sheets

As we continue to host one of the *premier coed annual invitational meets* in the St. Louis area, the “*Siebert/Finch Coed Track & Field Invitational*” always seeks to provide outstanding high-quality experiences for all participating Varsity & Freshmen/Sophomore athletes. An order of events and *rolling schedule* for running events and a specific time schedule for field events is included for you to review. **Thank you in advance for providing someone to assist with the administration of this meet by accepting one (or more) of the events to assist with.** Lastly, please share that spectator admission will be \$5 per person (*10 years old on up*). Proceeds to support our Annual “Corey Seibert – Lakeshia Finch” Scholarships !

19th Annual "Corey Siebert – Lakeshia Finch" Coed Track & Field Invitational
Rockwood Summit High School / Saturday, April 15, 2023

Early Field Events A-Shift: 9-11am / B-Shift: 11:30am-1:30pm (*start times are approximate but could start sooner*)

Boys Long Jump (4 Attempts / Cafeteria Style / No Finals) **Girls Triple Jump**
A-Shift #1: (F/S) (F/S)
B-Shift #2: (V) (V)
Boys Discus (4 Attempts / 9 to finals) **Girls Shot Put** (4 Attempts / 9 to finals)
A-Shift #1: (F/S) (F/S)
B-Shift #2: (V) (V)
Boys Javelin >>> *immediately following the discus* >>> (4 Attempts / Cafeteria Style / No Finals)
A-Shift #1: (F/S)
B-Shift #2: (V)
Boys High Jump **Girls Pole Vault**
A-Shift #1: (F/S) (F/S)
B-Shift #2: (V) (V)

Later Field Events A-Shift: 2:00-4:00pm / B-Shift: 4:30-6:30pm (*start times are approximate but could start sooner*)

Girls Long Jump (4 Attempts / Cafeteria Style / No Finals) **Boys Triple Jump**
A-Shift #1: (F/S) (F/S)
B-Shift #2: (V) (V)
Girls Discus (4 Attempts / 9 to Finals) **Boys Shot Put** (4 Attempts / 9 to Finals)
A-Shift #1: (F/S) (F/S)
B-Shift #2: (V) (V)
Girls Javelin >>> *immediately following the discus* >>> (4 Attempts / Cafeteria Style / No Finals)
A-Shift #1: (F/S)
B-Shift #2: (V)
Girls High Jump **Boys Pole Vault**
A-Shift #1: (F/S) (F/S)
B-Shift #2: (V) (V)

NO PRELIMS / ALL RUNNING EVENTS POWER-SEEDED BY ENTRY:

starting at 10:00am / **ROLLING SCHEDULE / RUNNING EVENTS: Freshmen/Sophomore 1st FOLLOWED BY Varsity, ..., GIRLS 1st FOLLOWED BY BOYS**

4x800 Relay (Power Seeded – Heats Against Time)
110/100 M Hurdles (Power Seeded – Heats Against Time)
100 M Dash (Power Seeded – Heats Against Time)
4x200 Relay (Power Seeded – Heats Against Time)
1600 M Run (2 Heats Each Division Against Time – Fast Heat Run Second)
4x100 Relay (Power Seeded – Heats Against Time)
400 M Dash (Power Seeded – Heats Against Time)
300 M Hurdles (Power Seeded – Heats Against Time)
800 M Run (2 Heats Each Division Against Time – Fast Heat Run Second)
200 M Dash (Power Seeded – Heats Against Time)
3200 M Run (2 Heats Each Division Against Time – Fast Heat Run Second)
4x400 Relay (Power Seeded – Heats Against Time)

Buffalo (4x100) Relay **Novelty Event - Lanes Randomly Assigned - Medals Awarded But Points NOT Scored !!!**