



St. Louis PAL Memorial Invitational Sunday, May 15, 2022



LOCATION: Cardinal Ritter College Prep High School, 701 N. Spring Avenue, St. Louis, Missouri 63108

ENTRY FEES: \$15.00 per athlete entered by a club designee online at coach.com by 11:59 p.m. on Thursday, May 12, 2022. This meet is open to clubs and unattached athletes. Fees must be paid online by the close of meet registration. A service charge will be applied by coach.com and a credit/debit card must be used.

ENTRY LIMITATIONS: 6 AND UNDER (50, 100, LJ). 7-8, 9-10, and 11-12 divisions may enter up to 3 events. 13-14 and 15-18 divisions may enter up to 4 events. Athletes may enter only those events listed for his/her division and may enter only the division corresponding to his/her year of birth. **Athletes 18 and under as of August 6, 2022, may compete in this meet.**

AWARDS: Medals for 1st, 2nd, 3rd place finishers. Ribbons for 4th, 5th, 6th place finishers. 6 and Under athletes will receive a participation ribbon or medal after their final event but will not be timed or marked.

ENTRIES: ALL ENTRIES MUST BE COMPLETED ONLINE BY THURSDAY, MAY 12, 2022, AT 11:59 P.M.

CONTACT INFORMATION:

Lt. (Retired) Carlos Ross

PAL Office

1915 Olive Street

St. Louis, MO 63103

Email: stlpaljaguarstrackclub@gmail.com

This event is licensed by the Amateur Athletic Union of the U. S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

EQUIPMENT: "House" throwing implements will be available. No spikes longer than 1/8" will be allowed on the track.

CONCESSIONS: A concession stand will be operated at the track.

TENTS: Tents are allowed in areas that will not impede on the athletes during competition and should not block the track, finish line, field events or PA booth areas.

Please remember Cardinal Ritter College Prep High School is a smoke free/alcohol free facility.



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Timed final 8:30 a.m.	1500 M Race Walk	9-10,11-12, 13-14, 15-18 (may combine some age groups, but medal separately)
Timed final	1500 Meter Run	7-8, 9-10, 11-12, 13-14, 15-18 (may combine some age groups, but medal separately)
Timed Final	80 M Hurdles	11-12
Timed Final	100 M Hurdles	13-14 girls, 15-18 girls and 13-14 boys
Timed Final	110 M Hurdles	15-18 boys
Final	50 M Dash	Under 7
Final	100 M Dash	Under 7
Timed final	100 M Dash	7-8, 9-10, 11-12, 13-14, 15-18
Timed final	3000 Meter Run	11-12, 13-14, 15-18 (may combine some age groups, but medal separately)
Timed final	800 Meter Run	7-8, 9-10, 11-12, 13-14, 15-18
Timed final	200 Meter Dash	7-8, 9-10, 11-12, 13-14, 15-18
Timed final	4x400 Meter Relay	7-8, 9-10, 11-12, 13-14, 15-18

Note: All running events will be run girls first, then boys, from youngest to oldest within each event unless specified above. We reserve the right to run age groups and/or genders together in the 1500 Meter Race Walk, 1500 Meter Run, 3000 Meter Run, 800 Meter Run and 4X400 Meter Relay.

FIELD EVENTS BEGIN PROMPTLY AT 8:30 A.M. ALL WARM UPS AND RUN THROUGHGS MUST BE COMPLETED BY THIS TIME. NO EXCEPTIONS.

LONG JUMP	HIGH JUMP*	SHOT-PUT	DISCUS
Pee Wee Girls/Boys	9-10 Girls	7-8 Girls	15-18 Girls
7-8 Girls/Boys	9-10 Boy	7-8 Boys	15-18 Boys
9-10 Girls/Boys	11-12 Girls	9-10 Girls	13-14 Girls
11-12 Girls/Boys	11-12 Boys	9-10 Boys	13-14 Boys
13-14 Girls/Boys	13-14 Girls	11-12 Girls	11-12 Girls
15-18 Girls/Boys	13-14 Boys	11-12 Boys	11-12 Boys
	15-18 Girls	13-14 Girls	
	15-18 Boys	13-14 Boys	
		15-18 Girls	
		15-18 Boys	
	*May combine age groups		