

John Mohr Freshman Invitational
Monday, May 1st 2023

Meet Information

- Meet Manager: Dan Didier, ddidier@vianney.com
- Entry Fee: TBD
- Dates: Monday, May 1st
- Timing Co: Big River Race Management (BRRM) Inc.
 - Entry Deadline is Sunday, April 30 at 9:00 am.
- Starter: Charlie Beck
- Coaches Meeting: 3:30 PM
- Schools: Northwest, Chaminade, Kirkwood, SLUH, U-City, Vianney
- 3 entries per team for our open events and 1 entry per team for relays

Please fill out this form to register:

<https://forms.gle/7F7gJMKukG1Sco8q9>

4:00	Field Events:	Shot Putt	(4:00 – completion, flighted, 4 throws)
		Discus	(4:00 – completion, flighted, 4 throws)
		Pole Vault	Opening height: 9' (final to completion)
		High Jump	Opening height: 5-2' (final to completion)
		Long Jump	(4:00 – 5:15 pm, cafeteria, 4 jumps, no finals)
		Triple Jump	(5:30 – completion, cafeteria, 4 jumps, no finals)
		Javelin	(3 throws each, no finals, following the completion of the shot put/discus competition.)

Track Events: Electronic timed, results available at BRRM.com. **These are estimated times below, but we will run a rolling schedule. Please have your athletes warmed up and ready early as needed.**

4:15	4 x 800m Relay
4:30	110mHH
4:40	100m Dash
4:50	4 x 200m Relay
5:05	1600m Run
5:15	4 x 100m Relay
5:25	400m Dash
5:35	300m IH
5:45	800m Run
5:55	200m Dash
6:05	3200m Run
6:20	4 x 400m Relay

Mail entry fee to:

St. John Vianney High School
1311 South Kirkwood Road

St Louis, MO. 63122
ATTN: Mike Potsou, Athletic Director

