



St. Louis PAL Memorial Invitational
Sunday, May 18, 2025
USATF Sanction #25-22-158059

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

MEET START TIME: 8:00 a.m.

ENTRY FEES: \$21.00 per athlete entered by a club designee or unattached coach/parent online at Athletic.net by 11:59 p.m. on Thursday, May 15, 2025. 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 Athletic.net 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 2, 2025, 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 15, 2025, AT 11:59 P.M.**

Admission: \$5.00 Admission charge for all spectators 4 years of age or older.

CONTACT INFORMATION:

Lt. Kelli Swinton

PAL Office

1915 Olive Street

St. Louis, MO 63103

Email: stlpaljaguartrackclub@gmail.com

This event is licensed by USATF.

USATF membership is recommended but not required.

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 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 8:00 a.m.	1500 M Race Walk	9-10,11-12, 13-14, (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)
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	200 Meter Dash	7-8, 9-10, 11-12, 13-14, 15-18
Timed final	800 Meter Run	7-8, 9-10, 11-12, 13-14, 15-18
Timed final	800 Meter Medley Relay	7-8, 9-10, 11-12, 13-14,

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 800 Meter Medley Relay.

FIELD EVENTS BEGIN PROMPTLY AT 8:00 A.M. ALL WARM UPS AND RUN THROUGHES MUST BE COMPLETED BY THIS TIME. NO EXCEPTIONS.

LONG JUMP

Pee Wee Girls/Boys
7-8 Girls/Boys
9-10 Girls/Boys
11-12 Girls/Boys
13-14 Girls/Boys
15-18 Girls/Boys

HIGH JUMP*

9-10 Girls
9-10 Boy
11-12 Girls
11-12 Boys
13-14 Girls
13-14 Boys
15-18 Girls
15-18 Boys

SHOT-PUT

7-8 Girls
7-8 Boys
9-10 Girls
9-10 Boys
11-12 Girls
11-12 Boys
13-14 Girls
13-14 Boys
15-18 Girls
15-18 Boys

DISCUS (11AM START)

15-18 Girls
15-18 Boys
13-14 Girls
13-14 Boys
11-12 Girls
11-12 Boys

***MAY COMBINE AGE GROUPS**