



## St. Louis PAL Memorial Invitational



Sunday, May 17, 2026

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

**MEET START TIME:** 8:00 a.m.

**ENTRY FEES:** \$25.00 per athlete entered by a club designee or unattached coach/parent online at Athletic.net by 11:59 p.m. on Thursday, May 14, 2026. 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 8, 2026, may compete in this meet.**

**AWARDS:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place finishers. Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> 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 14, 2026, 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: [stlpaljaguarstrackclub@gmail.com](mailto:stlpaljaguarstrackclub@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.**

<b>LONG JUMP</b>	<b>HIGH JUMP*</b>	<b>SHOT-PUT</b>	<b>DISCUS</b>
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**