



JUST ONE MORE Meet - Monday, March 30th, 2026

Fort Zumwalt East High

Contact: Robin Putnam - rputnam@fz.k12.mo.us
TRXC Timing

8 Teams- Zumwalt East, St. Dominic (Blake Markway - bmarkway@stdominichs.org), Orchard Farm (Brad Yount - byount@ofr5.com), Zumwalt West (John Cunningham), Duchesne, Marquette-boys only (Danny Hopkins), Pattonville (Chaun Tate), St. Joseph's Academy-girls (Scott House, shouse@stjosephacademy.org), Maplewood- Richmond Heights

Entries: Will take place on [Athletic.net](#), **ALL entries will be due NO LATER than Monday, March 30th at 9:00AM CST. No late entries will be accepted!!**

Entry questions? Reach out to Paul Golian - paul@trxctiming.com

MSHSAA [Athletic.net](#) Helpsheets

4 entries per event, running and field ***1600 & 3200 will be unlimited, 1 heat per gender***
No relays

Heat/Flight Sheets: [Click here](#)

Live Results: [Click here](#)

Boys & Girls; No divisions
No medals, no plaques, no team scores

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TIME SCHEDULE

Coaches meeting at 2:45

Field events start at 3:15

Running starts at 3:45pm, rolling schedule

Officials: Jan McCoy and Chuck Owens

4 throws/jumps

Javelin, SP, Discus - all Flighted

Pole Vault - 3:15pm girls, boys after

High Jump - 3:15pm boys, girls after

Long Jump, 90 minutes - 3:15pm girls 5pm boys

Triple Jump, 90 minutes - 3:15pm boys 5pm girls

SP - 2 flights 3:15pm girls 5pm boys

Discus - 2 flights 3:15pm boys 5pm girls

Javelin, 1 runway - 2 flights 3:15pm girls 5pm boys

3:45pm boys then girls

800M

110H/100H

100M

400M

1600M (Unlimited entries, 1 heat for each gender)

300H

200M

3200M (Unlimited entries, 1 heat for each gender)

