



Fox/Seckman Dual

Tuesday, April 15th, 2025

Fox High School

Meet Director	Dennis Sander - sander@foxc6.org
Athletic Director	Scott Leuthauser - leuthausers@foxc6.org
Entries	Entries will be completed on MoMileSplit . ALL Entries due no later than Tuesday, April 15th @ 9:00am - Any questions regarding entries please reach out to Paul Golian via email - paul@trxctiming.com
Entry Limits	Unlimited Entries in Open Events. 2 Relays per team
Heat/Flight Sheets	Click here for heat/flight sheets
Scoring	No Team Scoring
Key Points	Team Camps setup in the Field Event triangle
Timing/Results	FAT by TRXC Timing. Click here for live results
Concessions	Concessions will be sold
Admission	To be charged per Fox AD

Work Assignments

Shot Put (G and B)	Seckman (Jackson)
Discus (G and B)	Fox (Sander/Karasek)
Javelin (Combined)	Fox & Seckman (???/Rudolph)
Long Jump (Combined)	Fox (Faddis)
Triple Jump (Combined)	Seckman (Maupin)
Pole Vault (G and B)	Fox & Seckman (Hodge/Woldvedt)
High Jump (G and B)	Fox (Welte)



Fox v Seckman Dual Time Schedule	
3:00	Coaches and Event Worker Meeting
Track Events (Girls then Boys) (Rolling Schedule with Estimated Times)	
4:00pm	4x800m (Combined)
(4:16)	100mH/110mH
(4:24)	100m
(4:44)	4x200m (Combined)
(4:49)	1600m (Combined)
(4:57)	4x100m (Combined)
(5:01)	400m
(5:18)	300mH (If 6 or fewer entries, combined)
(5:23)	800m
(5:32)	200m
(5:52)	Senior Night Celebration
(6:17)	3200m (Combined)
(6:35)	4x400m (Combined)
Field Events	
3:15	Boys Shot Put (2+2, Measure Best of Set), Girls to Follow
	Girls Discus (2+2, Measure Best of Set), Boys to Follow
	Combined Long Jump (3 Jumps, 90min Cafeteria Style)
	Combined Triple Jump (3 Jumps, 90min Cafeteria Style)
	Combined Javelin (2+2, 90min Cafeteria Style)
	Girls High Jump (Boys to Follow; Starting Heights TBD)
	Boys Pole Vault (Girls to Follow; Starting Heights TBD)

Opening Heights: Determined after entries are finalized and verified during coaches meeting.

