



Francis Howell Varsity Invite Friday May 1st, 2026

7001 Highway 94 South, St. Charles, MO 63304

Athletic Director: Dr. Jacob Adams– Jacob.Adams@fhdschools.org

Head Boys: Andrew Lawrence-13alaw@gmail.com

Head Girls: Drew Huston-dresselhuston@gmail.com

Time: Coaches meeting 3:00 pm at finish line. All Events start at 3:15 pm

Scoring: Will be 10-8-6-5-4-3-2-1

Awards: Top 3 places will get medals. Top team will receive a plaque.

Entries: Will take place on [AthleticNET \(Click Here\)](#). **ALL entries will be due NO LATER than Friday, May 1st, at 9:00AM CST. No late entries will be accepted! Scratches only at coaches' meeting!**

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

[MSHSAA Athletic.net Helpsheet](#)

Entry

Limits: 2-Field Events
3-Track Events
One team for relays.

Entry Fee: Cost sharing.

Heat/Flight

Sheets: [Click Here](#)

Timing: TRXC | [Click here for live results](#)

Teams: Francis Howell, Francis Howell North, Francis Howell Central, Rock Bridge, Troy, Ft. Zumwalt West, CBC, Liberty High, Washington, Union High, Timberland, Ritneour, Battle, and Columbia Hickman

Work Assignments:
[2026 Meet Work Assignments](#)





The Bullpen: Francis Howell High School

Field Events:

4 Attempts, No finals.

3:15pm

Girls Javelin

Girls Shot

Boys Discus

Boys Pole Vault

Boys High jump

Girls Triple jump

Boys Long jump

4:45

Boys Javelin

Boys Shot

Girls Discus

Girls Pole Vault

Girls High Jump

Boys Triple Jump

Girls Long Jump

Starting heights: Will Discuss During Coaching Meeting

Order of Running Events: **Rolling Schedule**

- Girls events first then boys.

3:15: 4 x 800 m relay

3:40 100/100H

4:00: 100m dash

4:15: 4 x 200 m relay

4:35: 1600m run (1 heat per gender)

4:55 4 x 100m relay

5:10: 400m dash

5:35: 300H

5:50: 800m run

6:05: 200 m dash

6:25: 3200 m run (1 heat per gender)

7:00 4 x 400m relay

