

**Francis Howell Varsity Invite**  
**Friday April 26, 2024**

**Sponsored By Maryville University Track & Field Team**

**Head Coach: Kayla Kregel**  
**kkregel@maryville.edu**

7001 Highway 94 South, St. Charles, MO 63304

**Athletic Director:** Sean Erwin – Sean.erwin@fhdschools.org

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

Head Girls: Drew Huston-dresselhuston@gmail.com

---

**Time:** Coaches meeting 3:15 pm at finish line. Field events start at 3:30 pm and running events start at 3:45 pm.

**T-Shirt's For Sale \$15 "Cash Only"**

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

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

**Entry Fee:** Cost sharing.

**Timing:** Timing and Live Results will be by [TRXC Timing](#)

**Heat/Flight:** [Click Here](#) to see heat and flight sheets

**Entries:** 3 individuals and one team for relays.

All entries must be done on [Milesplit](#) NO LATER than **April 26, at 9:00 AM**

Entry question email [Paul Golian](#) – TRXC Timing

**Teams:** Francis Howell, Francis Howell North, Francis Howell Central, Rock Bridge, Troy, Ft. Zumwalt West, CBC, Liberty High, Washington, Union High, Timberland

**The Bullpen and Work Assignments:**

**Will All Be Covered thanks to our Friends at**  
**Maryville University Track & Field**



## **Field Events** (4 Attempts, No finals)

**3:30**        Girls Javelin  
                 Girls Shot  
                 Boys Discus  
                 Boys Pole Vault  
                 Boys High jump  
                 Girls Triple jump  
                 Boys Long jump

**5:00**        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

## **Running Events** (Running Schedule/Girls will precede boys)

**3:45**        **4 x 800m relay**  
**4:10**        **100/110H**  
**4:30**        **100m dash**  
**4:45**        **4 x 200 m relay**  
**5:05**        **1600m run (1 heat per gender)**  
**5:25**        **4 x 100m relay**  
**5:45**        **400m dash**  
**6:05**        **300H**  
**6:30**        **800m run**  
**6:50**        **200m dash**  
**7:10**        **3200m run (1 heat per gender)**  
**7:40**        **4 x 400m relay**