



## Francis Howell JV Invite

### Thursday April 24th, 2025

7001 Highway 94 South, St. Charles, MO 63304

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

Head Boys: Andrew [Lawrence-13alaw@gmail.com](mailto:Lawrence-13alaw@gmail.com)

Head Girls: Drew Huston-dresselhuston@gmail.com

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**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 will be by TRXC Timing.

**Entries:** All entries will be completed on [MoMileSplit](#), **all entries must be in NO LATER than Wednesday, 4/23 at 9:00AM CST**. Entries will be limited to 3 individuals and one team for relays. Any questions regarding entries please reach out to Paul Golian via email [paul@trxctiming.com](mailto:paul@trxctiming.com)

**Heat/Flight Sheets:** [Click here for heat/flight sheets](#)

**Results:** Live results will be available through [TRXC Timing](#). Official results will be posted to MoMileSplit at completion of the meet

### The Bullpen: Francis Howell High School

**Field Events \*Starting heights: Will Discuss During Coaching Meeting\*:**

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



## Order of Running Events: **Running Schedule**

- Girls events first then boys.

**3:45: 4 x 800 m relay**

**4:10 100/100H**

**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: 200 m dash**

**7:10: 3200 m run (1 heat per gender)**

**7:40 4 x 400m relay**

## **Work Assignments:**

**[2025 Meet Work Assignments](#)**