



# Francis Howell Central

FHC Open 6  
April 16, 2024  
3:00 pm



## FHC Open 6

**Meet Director:**

**Head Coach:** Kurt Kruse

**Entry Fee:** Shared by teams

**Please remit payment to:**

Scott Harris

Francis Howell Central

5199 State Hwy N.

Saint Charles, MO. 63304

**Participating Schools:**

Francis Howell Central

Francis Howell

Fort Zumwalt West

North Point

Confluence Prep Academy

St. Dominic

**Entries:**

Coaches can manage their entries at [Mo.milesplit.com](https://www.mo.milesplit.com)

Up to 8 athletes per track event and 4 in the field events.

**Deadline for entries will be on Sunday April 14th at 9:00AM**

**Timing/Manager:**

TRXC Timing

Live Results will be on [trxctiming.com](https://www.trxctiming.com)

**Scratches/Changes:**

**Coaches can make any changes until Tuesday April 16th at 9:00am**

Performance List: [Click Here](#) for Heat/Flight Sheets

**Events:** All events will be run as finals. Each event will have up to 6 heats per gender heated by times. The long jump and triple jump areas will be open for one hour. Jumps will be cafeteria style. No tape is allowed on jumping surfaces. Shot, discus and Javeline will be put into 2 flights of 12 by distance. Each thrower will be allowed 4 throws. High Jump and Pole Vault will be run as a regular meet as far as heights. Athletes can not be in more than 4 events.

**Admission:**

for all non-participants: \$5.00 Adults, \$2.00 Students.

**Rules:**

We will follow the MSHSAA and National Federation Handbook Rules.

**Shoes and Spikes:**

Flat shoes in the shot and discus areas. All track events ¼" spikes or smaller are allowed on the track at Howell Central. 1/8" spikes or less on the Javelin runway.

**Restrooms:**

They are available at the end of the concession stand/entrance to the track.

**Hospitality Room:**

Will be provided for coaches and event workers.

**Concessions:**

Will be available.

**Field Events**

(Suggested opening heights listed below, opening heights will be finalized at the



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Coaches meeting)

Recommended opening heights.

The opening height for the **girls' high jump will be 1.32m** with the bar raising .05m after each clearing height.

The opening height for the **boys' high jump will be 1.52** with the bar raising .05m after each clearing height.

The opening height for the **girls' pole vault will be 2.13m** with the bar raising .15m after each clearing height.

The opening height for the **boys' pole vault will be 2.74m** with the bar being raised .15m after each clearing height.

The last clearing height of each 3 jumpers will be added together to determine team place.

Jump pits will be open for one hour. Jumps will be cafeteria style NO FINALS.

## **Field Events Schedule: (7 events)**

### **3:00 start time**

Boys Pole Vault with Girls Pole Vault to follow.

Long Jump Boys and Triple Jump Girls (4 attempts) cafeteria style open for 1 hour

Boys Discus and Girls Shot Put (4 throws) Girls Javelin (4 throws)

Girls High Jump with Boys to follow.

### **4:30**

Long Jump Girls and Triple Jump Boys (4 attempts)

Girls Discus and Boys Shot Put (4 throws) Boys Javelin (4 throws)

## **Running Events Schedule: (8 events)**

### **3:30 track start time run Girls then Boys**

100 M Hurdles

100 M Dash

Mile

400 M

300 hurdles

800 M

200 M

3200 M (may run boys and girls together depending on time and numbers)



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## Work Assignment Form: FHC Open 6

**This is to be returned to Kurt Kruse by Wednesday April 10th , 2024**

Email: [Kurt.kruse@fhdschools.org](mailto:Kurt.kruse@fhdschools.org)

Coaches Name: \_\_\_\_\_

Coaches Email: \_\_\_\_\_

School Name: \_\_\_\_\_

Number of Coaches that will be attending: \_\_\_\_\_

No timers are needed at this meet, it will be electric timed.

There are 14 field events and 6 schools. FHC will run 3 events. I ask if there is another school that can volunteer to run 3 as well. All others will have 2. Place 1 for the most preferred and so on. Choices will be honored on a first come, first serve basis.

An email will be sent on Monday, March 25th , informing you of the events you are working.

All participating schools will be asked to help with hurdles.

\_\_\_\_\_ High Jump Boys

\_\_\_\_\_ Long Jump Boys

\_\_\_\_\_ Triple Jump Boys

\_\_\_\_\_ Pole Vault Boys

\_\_\_\_\_ Shot Put Boys

\_\_\_\_\_ Discus Boys

\_\_\_\_\_ Javelin Girls

\_\_\_\_\_ Javelin Boys



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\_\_\_\_\_ High Jump Girls

\_\_\_\_\_ Triple Jump Girls

\_\_\_\_\_ Shot Put Girls

\_\_\_\_\_ Long Jump Girls

\_\_\_\_\_ Pole Vault Girls

\_\_\_\_\_ Discus Girls