



# Francis Howell Central

FHC JV Quad  
March 26, 2025  
1:00 pm



## FHC JV Quad

**Meet Director:**

**Head Coach:** Kurt Kruse  
**Entry Fee:** Shared by teams

**Please remit payment to:**

Bryan Keim  
Francis Howell Central  
5199 State Hwy N.  
Saint Charles, MO. 63304

**Participating Schools:**

Francis Howell Central  
Francis Howell  
Fort Zumwalt West  
Francis Howell North

**Entries:**

Will be through milesplit.com. Coaches can manage their entries at [MoMileSplit](#) Unlimited athletes per track event Only 3 relay teams

**Entries must be completed no later than Wednesday, March 26th at 9:00AM CST**

Any questions regarding entries only please reach out to Paul Golian  
[paul@trxctiming.com](mailto:paul@trxctiming.com)

**Heat/Flight Sheets:**

Click here for a link to the [heat/flight sheets](#)

**Timing/Manager:**

[TRXC Timing](#)

**Scratches/Changes: Scratches only day of the meet****Medals:**

No medals

**Events:** *All events will be run as finals.* We will need coaches to help run field events. 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 Javelin will be put into flights. 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 Coaches meeting)



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## **Recommended opening heights.**

The opening height for the **girls' high jump will be discussed at premeet coaches meeting** with the bar raising .05m after each clearing height.

The opening height for the **boys' high jump will be discussed at premeet coaches meeting** with the bar raising .05m after each clearing height.

The opening height for the **girls' pole vault will be discussed at premeet coaches meeting** with the bar raising .15m after each clearing height.

The opening height for the **boys' pole vault will be discussed at premeet coaches meeting** with the bar being raised .15m after each clearing height.

Jump pits will be open for 60 minutes. Jumps will be cafeteria style NO FINALS.

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

### **1:00 Throws start**

Boys Discus and Girls Shot Put (4 throws) Girls Javelin (4 throws)  
Girls Discus and Boys Shot Put (4 throws) Boys Javelin (4 throws) to follow.

### **1:30 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  
Girls High Jump with Boys to follow.

### **2:30**

Long Jump Girls and Triple Jump Boys (4 attempts)

## **Running Events**

**4X800m Relay**

**100m Hurdles**

**110m Hurdles**

**100m dash**

**4X200m Relay**

**1600 m**

**4 X 100m Relay**

**400m**

**300m hurdles**

**800m**

**200m**

**3200m**

**4X400m Relay**