



Francis Howell Central
Varsity Todd Bizzell Memorial "Spartan Relays"
Friday March 31st, 2023
3:00pm



Todd Bizzell Memorial Spartan Relays
Hosted by Francis Howell Central HS
March 31, 2023

Meet Director: Jan McCoy
Head Coach: Bob Breuer
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 North
Francis Howell
Fort Zumwalt North
Fort Zumwalt South
Fort Zumwalt West
Saint Charles West
Troy

Entries: Will be through milesplit.com. Coaches can manage their entries at milesplit.com
Deadline for entries will be on **Wednesday, March 29th at 6:00pm**

Timing/Manager: TRXC Timing

Scratches/Changes: Coaches can make any changes until **Thursday, March 30th at 9:00am**

Medals: Top three teams in each relay will receive medals. The ribbons on the medals are all yellow. This represents the ribbon color for childhood cancer awareness. Coach Bizzell was diagnosed with cancer at a young age and battled off and on most of his life. The yellow ribbons on the medals are to remember and honor all childhood cancer patients and bring awareness to this horrible disease.

Winner of the pentathlon will receive the Spartan Helmet. Coach Bizzell was an all-around track guy- he coached everyone and knew every event. We are running the pentathlon as a special event to acknowledge the best all-around athletes in your program.

Pentathlon events: High Jump, Long Jump, Shot Put, 100m, 800m
Each team may enter one male and one female.
This is the signature event, please enter an athlete.



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Events: *All events will be run as finals.* Each event will have only one heat with the exception of the hurdle relays. The long jump and triple jump areas will be open for one hour. Jumps will be cafeteria style; the best jumps from all three competitors will be added together to determine team place. No tape is allowed on jumping surfaces. Shot and discus will be put into flights (2 teams at a time throwing). Each thrower will be allowed 4 throws; the best throws from all three competitors will be added together to determine team place. High Jump and Pole Vault will be run as a regular meet as far as heights.

- 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.
- T-shirts** Will be sold at the meet for \$20. All proceeds from t-shirt sales will be donated to St. Jude Children's Hospital in Coach Bizzell's memory.

Field Events (Suggested opening heights listed below, opening heights will be finalized at the coaches meeting)

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.

We will not be discussing opening heights at the coaches meeting. These will be the opening heights. Please keep this in mind when you enter your athletes for these events

Jump pits will be open for one hour. Jumps will be cafeteria style, the best jumps from all 3 competitors will be added together for team place. NO FINALS.



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Field Events Schedule:

| | |
|-----------------|---|
| 3:00 pm | Pentathlon High Jump |
| 3:15pm | Boys Pole Vault/Girls Pole Vault. We will be trying to run two runways |
| 3:15pm – 4:15pm | Long Jump Boys and Triple Jump Girls (4 attempts) |
| 3:15pm – 4:15pm | Boys Discus and Girls Shot Put (4 throws) Girls Javelin (4 throws) |
| 3:45 pm | Girls High Jump (Boys will begin 15 minutes after the conclusion of the girls) |
| 4:30pm | Pentathlon Shot Put |
| 4:30pm – 5:30pm | Long Jump Girls and Triple Jump Boys (4 attempts) |
| 4:45pm – 5:45pm | Girls Discus and Boys Shot Put (4 throws) Boys Javelin (4 throws) |

Running Events:

| | | |
|---------|--|---|
| 3:00pm | Pentathlon High Jump | |
| 3:15pm | Field Events Start | |
| 3:30pm | Girls 4 X 800 Meter Relay | |
| 3:45pm | Boys 4 X 800 Meter Relay | |
| 4:00pm | Girls 4 X 200 Meter Relay | |
| 4:10pm | Boys 4 X 200 Meter Relay | |
| 4:15 pm | Pentathlon 100m Dash | |
| 4:25pm | Girls 2 Varsity Hurdles/2 JV Hurdles- | This will be run in heats, NOT shuttle style. Times will be added to form the team score. |
| 4:30pm | Pentathlon Shot Put | |
| 4:40 pm | Boys 2 Varsity Hurdles/2 JV Hurdles- | This will be run in heats, NOT shuttle style. Times will be added to form the team score. |
| 4:50pm | Girls Sprint Medley (100,100,200,400) | |
| 4:55pm | Boys Sprint Medley (100,100,200,400) | |
| 5:00pm | Girls Distance Medley (1200m, 400m, 800m, 1600m) | |
| 5:30pm | Boys Distance Medley (1200m, 400m, 800m, 1600m) | |
| 5:30 pm | Pentathlon Long Jump | |
| 6:00pm | Girls 4 X 100 Meter Relay | |
| 6:10pm | Boys 4 X 100 Meter Relay | |
| 6:20 pm | Girls Middle Distance Medley (200m, 200m, 400m, 800m) | |
| 6:30pm | Boys Middle Distance Medley (200m, 200m, 400m, 800m) | |
| 6:40pm | 4 X 300m Girls Hurdles. Three best times to determine winner. Two teams run at a time. | |
| 7:10pm | 4 X 300m Boys Hurdles. Three best times to determine winner. Two teams run at a time. | |
| 7:20pm | Pentathlon 800m Run | |
| 7:30pm | Girls 4 X 400 Meter Relay | |
| 7:45pm | Boys 4 X 400 Meter Relay | |



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Work Assignment Form: Todd Bizzell Memorial “Spartan Relays”

This is to be returned to Bob Breuer by Friday, March 24th, 2023

Email: robert.breuerv@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.

Each school will be assigned a girls/boys field event and relay zone.

Check your preference for field events and exchange zone. 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 27th, informing you of the events you are working.

All participating schools will be asked to help with hurdles.

_____ Pentathlon Boys

_____ Pentathlon Girls

_____ High Jump Boys

_____ Long Jump Boys

_____ Triple Jump Boys

_____ Pole Vault Boys

_____ Shot Put Boys

_____ Discus Boys

_____ Javelin Girls

_____ Javelin Boys

_____ High Jump Girls

_____ Long Jump Girls

_____ Triple Jump Girls

_____ Pole Vault Girls

_____ Shot Put Girls

_____ Discus Girls

Every team will be assigned to several of the sprinting relay events.