



**Francis Howell Central**  
**Varsity Todd Bizzell Memorial "Spartan Relays"**  
**Friday March 29th, 2024**  
**2:00pm**



**Todd Bizzell Memorial Spartan Relays**  
**Hosted by Francis Howell Central High School**  
**March 29th, 2024**

**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 North  
Francis Howell  
Fort Zumwalt North  
Confluence Prep Academy  
Fort Zumwalt West  
Saint Charles West  
Troy

**Entries:**

Coaches can manage their entries at [Mo.milesplit.com](https://www.mo.milesplit.com)  
Deadline for entries will be on **Friday, March 29th at 9AM**  
Questions about registration email [Paul Golian](#)

**Timing/Manager:**

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

**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.**

**Performance List:**

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



# Francis Howell Central

## Varsity Todd Bizzell Memorial "Spartan Relays"

Friday March 29th, 2024  
2:00pm



**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.

<b>Admission:</b>	for all non-participants: \$5.00 Adults, \$2.00 Students.
<b>Rules:</b>	We will follow the MSHSAA and National Federation Handbook Rules.
<b>Shoes and Spikes:</b>	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.
<b>Restrooms:</b>	They are available at the end of the concession stand/entrance to the track.
<b>Hospitality Room:</b>	Will be provided for coaches and event workers.
<b>Concessions:</b>	Will be available.
<b>T-shirts</b>	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**      See below

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.



# Francis Howell Central

## Varsity Todd Bizzell Memorial "Spartan Relays"

### Friday March 29th, 2024

### 2:00pm



#### Field Events Schedule:

2:00 pm	Pentathlon High Jump
2:15 pm	Boys Pole Vault/Girls Pole Vault. We will be trying to run two runways
2:15 pm – 3:15 pm	Long Jump Boys and Triple Jump Girls (4 attempts)
2:15 pm – 3:15 pm	Boys Discus and Girls Shot Put (4 throws) Girls Javelin (4 throws)
2:45 pm	Girls High Jump (Boys will begin 15 minutes after the conclusion of the girls)
3:30 pm	Pentathlon Shot Put
3:30 pm – 4:30 pm	Long Jump Girls and Triple Jump Boys (4 attempts)
3:45 pm – 4:45 pm	Girls Discus and Boys Shot Put (4 throws) Boys Javelin (4 throws)

#### Running Events:

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