



FRANCIS HOWELL CENTRAL ACTIVITIES DEPARTMENT

MSHSAA/NAIA "5-Star Leadership School" 2011, 2012, 2013, 2014, 2015, 2016, 2017& 2018

MSHSAA Leadership School 2011, 2012, 2013, 2014, 2015, 2016, 2017& 2018

Scott Harris, CMAA-Activities Director

Annette Herdt-Administrative Assistant

2023 GAC South Track and Field Championships

Wednesday May 3rd

(Make up day, Thursday May 4th)

Coaches' meeting- 2:00 (Bullpen)

Field Events- 2:30

Running Events- 3:00

Officials: Steve Serniak and Frank Gentile

Games Committee: FHC, FZW, Troy

- Francis Howell Central High School
- Entry Fees: GAC South schools will share costs
- JV/Varsity Girls & Boys
- **Entries: REGISTER ONLINE at www.mo.milesplit.com** (two (2) athletes per event from each school with one (1) relay team for Varsity and three (3) athletes per event from each school with one (1) relay team for JV) Deadline for entries/scratches/changes will be Wednesday, May 3rd at 9:00 am. [Heat Sheets](#)
- **Timing Company: www.trxctiming.com**
- We will follow the MSHSAA and NFHS rules.
- Starting heights will be determined at the coaches meeting.
- Medals - Top 3 places -- Plaque for team champion.
- Teams are responsible for their valuables. No dressing facilities will be available.
- Rest rooms are located at the track.
- 1/4" or less spikes are allowed on the track and runway surfaces.
- Flats or 1/8" spikes will be allowed on the javelin runway. This will be checked and enforced.
- No tape, tacks, pins, or medal devices that puncture the surface of the track or runways. Chalk is OK.
- Stay off the football field. Coaches, please help us enforce this.
- Buses will pull into the Spartan Drive entrance (not the main entrance) to drop off athletes at the track. We will then need the buses to leave campus the same way they entered and they may return after 3:00pm. This is when our student parking lot empties. (We will have signage available to direct traffic).
- Tents can be setup between the Visitors Bleachers and the Storage Shed on the North side of the track.
- Admission: \$5 for adults, \$2 for Students, No passes or senior citizen's discount.
- Head Coaches please provide a list of your coaching staff to: annette.herd@fhdschools.org
- The concession stand will be open.
- T-Shirts will be available: Short Sleeve \$20

Field Events Start at 2:30pm

Varsity Girls High Jump (JV Girls will follow), then Varsity Boys High Jump (JV Boys to follow),

JV and Varsity Boys Combined Pole Vault (JV/Varsity Girls will follow)

JV and Varsity Girls Combined Triple Jump (JV/Varsity Boys will follow) Cafeteria Style-1.5 Hours, 4 Jumps
No Finals

JV and Varsity Boys Combined Long Jump (JV/Varsity Girls will follow) Cafeteria Style-1.5 Hours, 4 Jumps No Finals

JV and Varsity Boys Javelin (JV/V Girls will follow) 4 Throws, No Finals, Lower field (Javelin Runway).

Varsity and JV Girls Discus (Boys will follow) 4 Throws No Finals, Upper field Ring

Varsity and JV Boys Shot Put (Girls will follow) 4 Throws No Finals, Center Ring

Time Schedule:

RUNNING EVENTS: Junior Varsity precedes Varsity

3:00	Girls	4 x 800 Meter Relay (Varsity/JV run together)
3:15	Boys	4 x 800 Meter Relay (Varsity/JV run together)
3:30	Girls	100 Meter High Hurdles (JV-30", V-33")
3:40	Boys	110 Meter High Hurdles (JV-36", V-39")
3:50	Girls	100 Meter Dash
4:00	Boys	100 Meter Dash
4:10	Girls	4 x 200 Meter Relay
4:20	Boys	4 x 200 Meter Relay
4:30	Girls	1600 Meter Run
4:50	Boys	1600 Meter Run
5:05	Girls	4 x 100 Meter Relay
5:15	Boys	4 x 100 Meter Relay
5:25	Girls	400 Meter Dash
5:35	Boys	400 Meter Dash
5:45	FHC	Senior Night
5:55	Girls	300 Meter Low Hurdles (JV/V-30")
6:05	Boys	300 Meter Intermediate Hurdles (JV/V-36")
6:20	Girls	800 Meter Run
6:35	Boys	800 Meter Run
6:50	Girls	200 Meter Dash
7:00	Boys	200 Meter Dash
7:10	Girls	3200 Meter Run (JV&V together)
7:30	Boys	3200 Meter Run (JV&V together)
7:50	Girls	4 x 400 Meter Relay
8:00	Boys	4 x 400 Meter Relay

- The schedule may run up to 10 minutes ahead of schedule.

Work Assignment Form: 2023 GAC South Track and Field Championships

This is to be returned to Bob Breuer by Friday, April 28th, 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, May 1st, 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

_____ High Jump Girls

_____ Long Jump Girls

_____ Triple Jump Girls

_____ Pole Vault Girls

_____ Shot Put Girls

_____ Discus Girls

_____ Exchange Zone 4x100 meter relay (2 coaches per school) Both Boys and Girls

_____ Exchange Zone 4x200 meter relay (2 Coaches per school) Both Boys and Girls

_____ Break Line Judge

_____ Curve Judge

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