



GAC South Conference Championships

- Date:** Thursday, May 8, 2025
- Site:** Liberty (Wentzville) High School
- Meet Director:** Toby Glavin – tobiasglavin@wsdr4.org – 573-353-3755
- Entries:** All entries will be made through [MoMileSplit](#). Entries are due no later than **Wednesday, May 7th at 9:00 am.** Please direct any question about entries to Paul Golian via email paul@trxctiming.com
- Admission:** We will be charging admission for spectators: **Adults - \$5, Students - \$2**
- Heats/Flight:** Will be available through [TRXC Timing](#) and provided at the meet.
- Coaches Meeting:** 2:30pm in the press box.
- Entry Limits:** **Varsity** - Two entries per individual event, one entry per relay event.
JV - Three entries per individual event, one entry per relay event.
Open - Unlimited entries (1600 and 100). Cannot be entered in Varsity/JV. **Athletes may not cross over divisions.**
- Scoring:** 10-8-6-4-2-1 (Individual Events) and 10-8-6-4-2 (Relays).
- Awards:** Medals 1st through 3rd. First place team plaque.
- Surface:** 8 lane all-weather track. DO NOT use spikes longer than ¼". No tape on track or runways.
- Miscellaneous:** No locker rooms are available—teams should come dressed. Restrooms and concessions are available. Spectators must remain outside of the track fence and behind flagged/roped areas.



- Team Camps:** No tents are allowed inside the stadium/track facility. Tent city will be located in the field to the East of the track. **Please see the included map. (bottom of doc)**
- Javelin Runway:** The javelin runway will be grass.
- Shirts:** There will be shirts for sale. To ensure your desired shirts size, you can pre-order using this link.
- Open Events:** We are having an "Open 1600" and an "Open 100". These events will be unscored and have unlimited entries. These events are only for athletes not entered in the varsity or JV divisions.
- Teams Attending:** Fort Zumwalt West, Francis Howell, Francis Howell Central, Francis Howell North, Liberty, Troy

Time Schedule

RUNNING EVENTS: Junior Varsity precedes Varsity

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



8:35	Girls	4 x 400 Meter Relay
8:45	Boys	4 x 400 Meter Relay

FIELD EVENTS:

Horizontal Jumps

3:00-4:15 Varsity Boys Triple Jump/Varsity Girls Long Jump - 4 Jumps Cafeteria Style

4:30-5:45 JV Boys Triple Jump/JV Girls Long Jump - 4 Jumps Cafeteria Style

6:00-7:15 Varsity Boys Long Jump/Varsity Girls Triple Jump - 4 Jumps Cafeteria Style

7:30-8:45 JV Boys Long Jump/JV Girls Triple Jump - 4 Jumps Cafeteria Style

Throws--groups will throw in the order listed below. Listen for calls.

3:00 Disc--V Boys/JV Boys/Varsity Girls/JV Girls – 4 throws

3:00 Shot--V Girls/JV Girls/Varsity Boys/JV Boys – 4 throws

3:00 Javelin – JV Girls/V Girls/JV Boys/V Boys – 4 throws

High Jump--groups will jump in the order listed below. Listen for calls.

3:00 Varsity Girls/JV Girls/Varsity Boys/JV Boys

Pole Vault--groups will jump in the order listed below. Listen for calls

3:00 Varsity Boys/JV Boys/Varsity Girls/JV Girls





