



# SOUTH SEVEN CONFERENCE BOYS VARSITY TRACK MEET

## Friday May 16<sup>th</sup>, 2025

**Site:** Mt. Vernon Twp. High School

**Scratch Meeting:** 3:15 pm (Coaches Office)

**Time:** Field Events 3:00 pm Running Events 3:30 pm

**Entry Fee:** \$200 (Mail check to Mt. Vernon High School or deliver in hand)

**Scoring:** 5 team scoring  
Individual 8-6-4-2-1  
Relay 8-6-4-2

**Entries:** All Entries will be done through [TRXC Timing](#)  
All Entries must be submitted by 9 am on Friday, May 16<sup>th</sup> [Online Entry Form](#)

**Entry Questions:** Rich Schilling, TRXC Timing [rich@trxctiming.com](mailto:rich@trxctiming.com) 314-522-6176

**Heat/Flight Sheets:** [Heat/Flight Sheets](#)

**Workers:** All Schools will have to run and provide workers in the areas listed below

High Jump	Mt. Vernon
Long Jump	Centralia
Triple Jump	Cahokia
Pole Vault	Mt. Vernon
Discus	Marion
Shot Put	Carbondale

Exchange Zone Judges  
4x1 1<sup>st</sup>- Mt Vernon 2<sup>nd</sup> – Marion 3<sup>rd</sup> – Carbondale  
4x2 1<sup>st</sup> & 3<sup>rd</sup> – Centralia, Mt Vernon 2<sup>nd</sup> – Cahokia  
Cutline – Mt Vernon

**Weigh In:** Shot & Discus will be checked and marked outside the lobby

**Team Camps:** Team camps will be in the west side bleacher area.

**Meet Questions:** Seth English, Athletic Director 618-246-1882  
Clint Turner, Head Track Coach 618-231-1916



# Order of Events



Field Events

4:00 pm

---

Shot Put

Discus

Triple Jump

Long Jump

Pole Vault

High Jump

## **Running Events**

4:30 pm

---

4x8 Relay

4x1 Relay

3200 Run

110 HH

100 Dash

800 Run

4x2 Relay

400 Dash

300 IMH

1600 Run

200 Dash

4x4 Relay