



SOUTH SEVEN CONFERENCE BOYS VARSITY TRACK MEET

Friday May 10th, 2024

Site: Mt. Vernon Twp. High School

Scratch Meeting: 3:15 pm (Coaches Office)

Time: Field Events 4:00 pm Running Finals 4:30 pm

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 Friday May 10th** [Online Entry Form](#)

Entry Questions: Rich Schilling, TRXC Timing 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 1st- Mt Vernon 2nd – Marion 3rd – Carbondale

4x2 1st & 3rd – Centralia, Mt Vernon 2nd – Cahokia

Cutline – Mt Vernon

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

Team Camps: Team camps will be 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