

**SOUTH SEVEN CONFERENCE  
BOYS FROSH/SOPH TRACK MEET**

**Date:** Tuesday, May 12, 2026

**Site:** Carbondale Community High School

**Time:** Field Events - 4:00 pm  
Running Events – 4:30 pm

Entry Fee - \$200.00 (Mail check to Carbondale Community High School or deliver in hand)

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

**Awards:** Ribbons to the top five winners

**Entries:** All Entries will be done through [Atheltic.net \(Click Here\)](#). Entries will be due **NO LATER than Monday, May 11<sup>th</sup>, at 9:00AM CST**

**Entry Questions? Reach out to Paul Golian – [paul@trxtiming.com](mailto:paul@trxtiming.com)**

**Entries will be limited to 2 per individual event and 1 per relay**

**Timing:** TRXC Timing will be timing the Event | [Click here for live results](#)

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

**Workers:** Assigned schools will have to provide workers (replace bar, measure, rake, etc.) 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 judges -	4 x 1 Carbondale- 1 <sup>st</sup> Exchange
	Marion - 2 <sup>nd</sup> Exchange, Mt. Vernon - 3 <sup>rd</sup> Exchange
	4 x 2 1 <sup>st</sup> & 3 <sup>rd</sup> Centralia & Mt. Vernon
	Cutline - Carbondale

**Scratch Meeting:** Tuesday, May 12<sup>th</sup>- 3:15 pm (coaches' office)

If there are any questions, please contact:

Gwen Poore, Athletic Director  
(618) 203-0383

Mykel Gary, Head Track  
Coach (618) 353-7046

## **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