

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

**Date:** Tuesday, May 13, 2025

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

**Time:** Field Events - 3:00 pm

Entry Fee - \$200.00 (Mail check to Mt. Vernon 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 [Athletic.net](http://Athletic.net) All entries will be due by **May 13<sup>th</sup> at 9:00 AM**

**Timing:** TRXC Timing will be timing the Event

**Heat/  
Flights** [Click Here](#) to see heat and 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	Centralia
Discus	Marion
Shot Put	Mt. Vernon
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 13<sup>th</sup> 3:15 pm (coaches' office)

If there are any questions, please contact:

Seth English, Athletic Director,  
(618) 246-1882

Clint Turner, Head Track  
Coach (618) 231-1916