

**51st SOUTH SEVEN CONFERENCE
GIRLS VARSITY/JV TRACK MEET
First Conference Meet 1975**

DATE: Tuesday, May 5, 2026 RAIN DATE: (Wednesday)
PLACE: Mt. Vernon Township High School
TIME: FIELD EVENTS: 3:00pm (75 MINUTES TO COMPLETE ALL FIELD EVENTS)
RUNNING EVENTS – 4:00 pm

ENTRY FEE: \$200.00

ATHLETIC TRAINER: Claire Griffy

TIMING: FAT

ENTRIES: Entries will be accepted online through [Athletic.net](https://athletic.net)
2 Entries per individual event, 1 entry per Relay.

ALL ENTRIES will be due NO LATER than Tuesday, May 5th at 9:00 AM CST, no late entries will be accepted!

Entry questions? Reach out to Paul Golian - paul@trxctiming.com

Scratches only at coaches' meeting. NO REPLACEMENTS ON DAY OF MEET WITHOUT DOCTOR'S OR PRINCIPAL'S NOTE

Heat/Flight Sheets: [Click here](#)

Live Results: [Click here](#)

SCORING: Varsity and JV athletes will be scored separately.
Individual Events: 10-8-6-4-2-1
Relay Events: 10-8-6-4

AWARDS: VARSITY: MEDALS: 1ST – 3RD, RIBBONS 4TH – 6TH, TROPHY TO 1ST PLACE TEAM
JV: RIBBONS: 1ST – 3RD

***AN ATHLETE MAY COMPETE IN 4 EVENTS TOTAL DURING THE DAY. THIS CAN BE A COMBINATION OF JV AND VARSITY EVENTS.**

WORKERS: Each School will be responsible to run a Field event. This includes any help the school may need. You can let us know in advance which Event you prefer—just text or email.

COACH'S SCRATCH MEETING: 2:45 pm ON STARTING LINE

EQUIPMENT: WEIGH SHOTS AND DISCUS in Lobby---- BRING YOUR OWN BLOCKS,

TEAM CAMPS: No Team Camps in bleachers; Team Camps outside of track fence.

OTHER INFO: Only Coaches and participants are allowed inside the fenced area.
Track events take precedence over field events. A track event will not be held up because an athlete is competing in a field event.

CONCESSIONS: Will be outside at the concession stand.

FIELD EVENTS: JV Discus will throw first followed by Varsity Discus.
Varsity Shot will throw first followed by JV Shot.
At completion of both events we will switch.
High Jump and Pole Vault starting heights will be voted on during the Scratch Meeting.
Long Jump and Triple Jump will run cafeteria style with JV and Varsity jumping together.
Triple jump will begin at the completion of Long Jump.

ANY CONFLICTS IN FIELD EVENTS WILL BE ADDRESSED AT THE COACH'S MEETING.

RUNNING EVENTS: The JV Heat will run before the Varsity Heat.
IN DISTANCE EVENTS, JV and Varsity runners will be combined (if possible).

STARTER: Bill Watts

ASST. STARTER TBA

CLERK OF COURSE: Athletes will check for Running Events outside of the Fence by the Finish Line. Field events will check in at the same location.

QUESTIONS: Please contact: Dan Mings, Head Girl's Coach
618-237-3428
dmings@mvths.org

Seth English, Athletic Director
618-218-0014
senglish@mvths.org

Emily Timmons, Athletic Secretary
618-246-1880

HIGH JUMP	—	Mt. Vernon	
LONG JUMP	—	Cahokia	
TRIPLE JUMP	—	Mt. Vernon	
POLE VAULT	—	Mt. Vernon	
DISCUS	—	Centralia	
SHOT PUT	—	Carbondale	
EXCHANGE JUDGES—	4 x 100:	1 st Exchange	— Mt. Vernon
		2 nd Exchange—	Marion
		3 rd Exchange	— Carbondale
	4 x 200:	1 st /3 rd Exchange	— Cahokia
		2 nd Exchange—	Starter/Centralia
		CUT LINE:	— Marion



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May 5, 2026**

ORDER OF EVENTS

3:00 P.M. FIELD EVENTS:

High Jump

Shot Put Varsity shot first followed by JV

Long Jump

Triple Jump

Pole Vault

Discus JV discus followed by Varsity

4:00 P.M. RUNNING EVENTS

4x800 Meter Relay (JV & VAR COMBINED)

4x100 Meter Relay

3200 Meter Run (JV & VAR COMBINED)

100 Meter High Hurdles

100 Meter Dash

800 Meter Run

4x200 Meter Relay

400 Meter Dash

300 Intermediate Hurdles

1600 Meter Run (JV & VAR COMBINED)

200 Meter Dash

4x400 Meter Relay

