



JV Metro League Meet

Date: Monday, April 28, 2025

Time: Field Events: 4:00 pm, Running Events 4:00 pm
Coaches Meeting 3:45 pm

Site: Lutheran South
9515 Tesson Ferry Road
St. Louis, MO 63123

Teams: John Burroughs, Lutheran North, Lutheran South, MICDS, Principia, Priory,
Westminster

Timing Company: TRXC Timing

Entries: All entries must be completed on [MoMileSplit](#). All entries must be completed NO LATER than Monday, 4/28 at 9:00AM CST. Any questions regarding entries only please reach out to Paul Golian - paul@trxctiming.com

Entry Limits: Individual Events: 3 athletes per gender per team
Relay Events: 1 team per gender per school

Heat/Flight Sheets: [Click here for heat/flight sheets](#)

Due to significant overlap between JV and varsity athletes at many of the conference schools, genuine Junior Varsity level athletes have been allowed to compete at the Varsity League Meet on April 23, 2025. This includes senior athletes of Junior Varsity caliber.

Genuine “Junior Varsity” level athletes on your team may also compete in the Varsity League, but not in the same event. Meet on 4/23/24. This includes senior athletes who are of Junior Varsity caliber. The League has long recognized that in some League Schools, their JV and Varsity teams have significant overlap.

Results: Live results will be available through [TRXC Timing](#). Official results will be posted to MoMileSplit at completion of the meet

- **Team Scores:** 10-8-6-5-4-2-1

Fees: To be divided among participating schools

General Information

- 3/8” spike maximum
- Blocks will be provided
- No chalk or tape on track for relay markings
- Chalk or tape okay on jump runways



Throwing Events

- Shot and discus will be located on the west end of practice fields
- Throwers will be given 3 throws that will be taken 2 & 1. No Finals.

- Javelin will be located on the turf practice field south of the concession stand
- Throwers will be given 3 throws that will be taken 2 & 1. No Finals.
- may be run cafeteria style

Long & Triple Jumps

- are located on the north side of the track
- will be run cafeteria style
- Jumpers will be given 3 jumps. No Finals.

The Clerk/Bull Pen area will be on the infield near the universal start/finish line.

The entire venue is a designated “Coaches Box.” However, the individuals running any field event may instruct a coach to move and that decision is unappealable. MSHSAA Officials likewise have this authority as does the Breakline Judge.

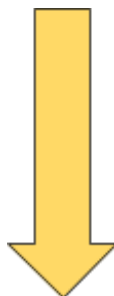
The infield is intended for athletes actively warming up and coaches. Coaches, please monitor your athletes and do not allow parents or spectators on the infield.

Tents and Camping areas are permitted in the grass outside of the track or in the practice field area behind the stadium. Teams should not camp out in the stands or bleachers.

Buses may drop off your athletes near the Track and you will be directed to a parking area.

All teams will need to run/officiate up to 2 Field Events as well as officiate relay exchange zones. If you have requests for particular field event duties, please submit these by email to Dawn Larkin at DLarkin@LSLancers.org by 4/11/25. I will update this [sheet](#) with work assignments as I receive them. Similarly, if there is an event you truly cannot run (versus would rather not run), communicate that.

The Games Committee will consist of the Head Coaches of each School.





Event Schedule

3:45 Coaches Meeting

Running Events

4:00 4x800 (may combine B&G)
4:20 HH
4:35 100
4:50 4x200
5:05 1600
5:20 4x100
5:30 400 (rolling schedule from here on)
300 H
800
200
3200 (may combine B&G)
4x400

In running events, Girls races will precede Boys unless combined.

Field Events

(3 jumps/no finals—3 throws/no finals—cafeteria style in discretion of event official—2&1 okay in throws)

4:00

BLJ

GHJ (starting height—2” below lowest entry)

BS

GD

B&G PV (starting height—6” below lowest entry)

5:00

GLJ

BHJ (starting height—2” below lowest entry)

GS

BD

BPV (starting height—6” below lowest entry)

*** Rolling Start approx 6:00**

B&G TJ - begin at conclusion of G Long Jump

B&G Jav - Begin at conclusion of B Discus

TJ & Jav may move up in time if earlier events in that area are completed.

They may be treated as a combined B&G event in the discretion of the officials running the event.