



**O'Fallon City Championships
at Fort Zumwalt West
Friday March 21st, 2025**

Registration

- Registration through [MoMileSplit](#) for the O'Fallon City Championships.
- Entries must be submitted by **Wednesday, March 20th, 2025 at 5:00 PM**
- **Coaches may edit their entries until Thursday, March 21th, 2025 at 9:00 AM**
- Any questions regarding entries only please reach out to Paul Golian - paul@trxctiming.com
- Scratches will be handled at the Scratch Meeting
- **Varsity= may enter 4 individuals each event**
- **JV=unlimited individual entries for each event**
- **NOTE: NO RELAYS WILL BE CONTESTED THIS YEAR**

Schedule

- Click here for [Heat/Flight Sheets](#)
- There will be a scratch meeting/coaches meeting in the middle of the football field.
- Field Events will begin at 3:30pm.
- Running Events will begin at 4:00p.m.

Results

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

Scoring

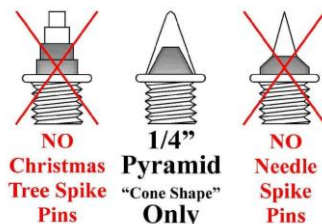
- We will score the Varsity portion of the meet as a **quadrangular**:
1st Place = 5 points, 2nd Place = 3 points, 3rd Place = 2 point, 4th Place = 1 point
- LJ, TJ, Shot, Disc, Javelin- **3 attempts, no finals - in the interest of daylight**
- opening heights determined at scratch meeting
- When possible, JV and Varsity will be run together
- timing will be done by trxctiming
- This is a non-medal meet

Coaches

- Teams should provide staff members to work field events/exchange zones/breaks. Assignments will be distributed at the coaches meeting. If you have a preference on a work assignment, please email John Cunningham - jcunningham@fz.k12.mo.us

Surfaces

- Surfaces require 1/4 inch spikes or less.





Schedule

Coaches Meeting: 3:00pm

Field Events: 3:30pm

Boys Pole vault---Girls will follow

Girls High Jump--- Boys will follow

Boys Shot put---Girls will follow

Girls Discus---Boys will follow

*Girls and Boys Long Jump (3:30-5:00p.m.)

5:30-6:00p.m TJ WU

*Girls and Boys Triple Jump (5:30-7:00p.m.)

Boys Javelin---- Girls will follow (potentially combined based on numbers)

* Cafeteria Style, 90 minute time limit

Running Events: 4:00pm. rolling schedule

100/110 hurdles

100 dash

1600 run

400 dash

300 Int. hurdles

800 dash

200 dash

3200 run

Contact Information

- If you have any questions, please do not hesitate to contact Anthony Wiber, at awiber@fz.k12.mo.us or John Cunningham - jcunningham@fz.k12.mo.us .

We're looking forward to having you here for the O'Fallon City Meet!