

St. Louis Suburban Public High School Athletic and Activities Association
Girls Red Pool Track and Field Conference Championship
Wednesday, May 7, 2025
Hosted by Parkway South High School



- **Entries/Seeding:** All entries will be [MoMileSplit](#), timing company TRXC Timing
The meet will be run in two divisions, Varsity and JV. Athletes may **not** cross over divisions. Seniors **are** allowed on JV. Any questions regarding entries only please reach out to Paul Golian paul@trxctiming.com
 - **Varsity** – two entries in open events and one entry in relays.
 - **JV** – four entries in open events and two entries in relays (scoring all 4 individuals but only 1 relay)
 - **Throws/Jumps 4, no finals**
- **Admission:** **Entry into the Conference meet for spectators will be \$5.00 ages 10 and up.**
- **Heat/Flight Sheets:** [Click here](#) for heat/flight sheets
- **Results:** Live results will be available through [TRXC Timing](#), official results will be posted to MileSplit at completion of the meet
- **Coaches Meeting:** There will be a coach's meeting at 3:15pm by the finish line.
- **Officials:** **TBD**
- **Scoring:** 10-8-6-5-4-3-2-1
- **Awards:** Trophies to the 1st place teams on JV & Varsity. Medals to the top 5 finishers in each event on JV & Varsity. **Athletes may pick up their medals from the press box after event results have been announced.
- **Games Committee:** All Head coaches not involved in the issue
- **Track Infield:** Please inform your athletes that they will not be allowed on the infield for any reason other than being in the bullpen or warming up for an event. Athletes will not be allowed to hang out on the track infield. **NO FOOD ON ARTIFICIAL TURF.**
- **Track Surface:** 1/4 inch spikes and below will be allowed on the track and runways. Please plan to use tennis balls on the track. No tape on the track or runways.
- **Team Tents:** Schools will be allowed to set-up team tents outside of the stadium fence.
- **Dressing Facilities:** Locker rooms will not be available. Outdoor restrooms will be available and they are located next to the concession stand. Please inform your athletes that they are not allowed in the school building without permission.
- **Concessions:** There will be a concession stand available to athletes and general admission located near main entrance.
- **Medical:** We will have an athletic trainer present at the meet.
- **Bus Parking:** After teams are dropped off at the track, buses must head to upper lot for parking.
- **Workers:** Responsible adult volunteers from each school will be needed to assist in running field events and judging exchange zones.
- **Entry Fee:** Will be divided among the teams.

Schedule of Events: Estimated Times – Events may start early if the meet is ahead of schedule.

Shot Put, Discus, Javelin

Start Time: 3:30	JV Shot Put (<i>Varsity to follow</i>)
3:30	JV Javelin (<i>Varsity to follow</i>)
3:30	Varsity Discus (<i>JV to follow</i>)

Long Jump, Triple Jump, High Jump, Pole Vault

Start Time: 3:30	JV Triple Jump
3:30	JV High Jump
3:30	Varsity Long Jump
3:30	Varsity Pole Vault

Start Time: 5:00	Varsity Triple Jump
5:00	Varsity High Jump
5:00	JV Long Jump
5:00	JV Pole Vault

Track Events (all events run JV then Varsity)

3:45	4x800m Relay
4:10	100m Hurdles
4:20	100m
4:35	4x200m Relay
5:00	<i>Open 1600m</i>
	1600m
5:30	4x100m Relay
5:45	400m
6:05	300m Hurdles
6:25	800m
6:40	200m
7:00	3200m (may combine)
7:30	<i>Throwers Relay</i>
7:40	4x400m Relay

