

**St. Louis Suburban Public High School Athletic and Activities Association  
Girl's Yellow Pool Track and Field Conference Championship  
Friday, May 9th, 2025  
Hosted by Marquette High School**



- **Entries/Seeding:** All entries will be through [MoMileSplit](#). The meet will be run in two divisions, Varsity and JV. Athletes may not cross over divisions. Seniors **are** allowed on JV.  
**Varsity** – two entries in open events and one entry in relays.  
**JV** – UNLIMITED. You can enter any grade level (including seniors) in either division.  
**Entries are due NO LATER than Friday, May 9<sup>th</sup> at 9:00 am CST. NO additions/ substitutions after this time.**  
Any questions regarding entries only, please reach out to Paul Golian - [paul@trxctiming.com](mailto:paul@trxctiming.com)
- **Heat/Flight Sheets:** [Click here for Heat/Flight Sheets](#)
- **Admission:** Entry into the Conference meet for spectators will be \$5.00 for ages 10 and up.
- **Coaches Meeting:** Coach's meeting at 3:45 at the finish line. All scratches can be made at the bullpen.
- **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. \*\*Coaches can pick up team medals at the end of the meet.
- **Games Committee:** ALL HEAD COACHES + MEET REFEREE
- **Track Infield:** The infield should only be used by athletes for warming up. NO FOOD ON THE TURF.
- **Track Surface:** 1/4 inch spikes and below. Please plan to use tennis balls on the track.
- **Team Tents:** Schools are encouraged to use the bleachers, as **there is limited space for tents**. The only place for tents is on the side of the visitor bleachers (and it's mostly paved) OR across the road.
- **Dressing Facilities:** Locker rooms will not be available. Please inform your athletes that they are not allowed in the school building without permission.
- **Concessions:** There will be a concession stand available. T-shirts & hoodies will be available.
- **Medical:** We will have an athletic trainer present at the meet.
- **Workers:** Event equipment and clipboards will be at the event site.
- **Important Locations:**
  - Bullpen: East end of the track (by the Mustang Strength building).
  - Javelin: upper field behind parking lot
  - Discus: past shot put, across the road. Follow concrete path past tennis courts.
  - All other field events: west side of track, furthest from the building.
  - Bathrooms: outside by concession stand.
- **Buses/Parking**—our school dismisses at 3:17, so it's best to arrive before that time. Buses should then head to Mercy Family Medical Center (Clayton and Clarkson Rds; 1.5 miles from Marquette).  
**After 4:00, the buses can return to campus, as the parking lot will be cleared.**
- **Fees/Costs:** Divided among the teams.
- Results will be posted at <https://liveresults.trxctiming.com/>
- T-shirts will be for sale; so pre-order link and design on the next page!

## **Girl's Yellow Pool Track and Field Conference Championship Schedule of Events**

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

### **Shot Put, Discus, Javelin – 4 Throws, No Finals (Varsity); 3 Throws, No Finals (JV)**

- 4:00 JV Shot Put, followed by Varsity shot put
- 4:00 Varsity Discus, followed by JV discus
- 5:30 Varsity Javelin (cafeteria style from 5:30-6:30), followed by JV
- As soon as the throwing events above are completed, then the other level begins

### **Long Jump & Triple Jump (Cafeteria style)**

- |             |                     |                           |
|-------------|---------------------|---------------------------|
| ▪ 4:00-5:30 | Varsity Long Jump   | 4 Jumps – Cafeteria Style |
| ▪ 5:45-7:15 | JV Long Jump        | 3 Jumps – Cafeteria Style |
| ▪ 5:45-7:30 | Varsity Triple Jump | 4 Jumps – Cafeteria Style |
| ▪ 4:00-5:30 | JV Triple Jump      | 3 Jumps – Cafeteria Style |

### **High Jump, Pole Vault**

- 4:00\* Varsity High Jump (5 Active) Starting Height TBD  
\*As soon as VARSITY is completed, then JV High Jump (5 Active, Starting Height TBD)
- 4:00 Varsity Pole Vault (5 Active) Starting Height TBD  
\*As soon as VARSITY is completed, then JV Pole Vault (5 Active, Starting Height TBD)

### **–Track Events–**

#### **Rolling Schedule; JV races first, followed by Varsity races.**

- 4:00 4 x 800 Meter Relay
- 100 Meter Hurdles
- 100 Meter Dash
- 4 x 200 Meter Relay
- 1600 Meter Run
- 4 x 100 Meter Run
- 400 Meter Dash
- 300 Meter Hurdles
- 800 Meter Run
- 200 Meter Dash
- 3200 Meter Run
- 4 x 400 Meter Relay
- Coaches and Throwers 4x100 Relay

This is a pre-order link to the STL Suburban Conference Track & Field Yellow Pool

**FREE PICKUP OPTION ENDS APR 30th at midnight!  
DON'T WAIT...PRE-ORDER YOURS TODAY!**

*Please be sure to forward this link to all your athletes/parents.*

**\*\*\*AVOID THE LINE.....ORDER ONLINE!\*\*\***

Guarantee your size/color of garment by ordering online today.  
**LIMITED PRINTS AVAILABLE!**

Choose **FREE PICKUP** through midnight Wednesday, April 30th & have your order bagged and ready for pick up at the shirt booth on Friday, May 9th. **YOU** pick up your order, not your coach.

Choose **STANDARD SHIPPING** at checkout and have your order shipped to your home address through the US mail for a nominal fee. Orders will not ship earlier than May 1st.

Click here to order----->>>>[YELLOW POOL](#)

<https://specialtyartanddesign.com/product/stl-suburban-conference-championships-yellow-pool/>



**GIRLS Yellow Pool Conference COACHING ASSIGNMENTS**

**Activities Director:** Adam Starling  
**Meet Director:** Mike Ebert  
**Officials:** Steve Serniak & Charlie Beck  
**Bullpen:** Marquette  
**Head Finish:** Marquette  
**Timing/FAT operator:** TRXC Timing  
**Announcer:** Kim Hotze  
**Awards:** Marquette  
**Helpers:** Marquette boys & girls  
**Games Committee:** ALL HEAD Coaches

**Field Event Assignments:**

<b>VARSITY EVENTS</b>	<b>JV EVENTS</b>
<b>Varsity Pole Vault: Marquette</b>	<b>JV Pole Vault: Marquette</b>
<b>Varsity High Jump: Marquette</b>	<b>JV High Jump: Marquette</b>
<b>Varsity Shot Put:</b>	<b>JV Shot Put:</b>
<b>Varsity Discus:</b>	<b>JV Discus:</b>
<b>Varsity Javelin:</b>	<b>JV Javelin:</b>
<b>Varsity Long Jump:</b>	<b>JV Long Jump:</b>
<b>Varsity Triple Jump:</b>	<b>JV Triple Jump:</b>

**Track Judges:**

<p><b>Break Line Judge:</b></p> <p><b>4x200:</b>          1st and 3rd exchange:          2nd exchange: Officials &amp;</p> <p><b>4x100:</b>          1st exchange:          2nd exchange:          3rd exchange:</p>
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