

# St. Louis Suburban Public High School Athletic and Activities Association



## Girl's Yellow Pool Track and Field Conference Championship

Friday, May 6th, 2022

Hosted by Marquette High School

- **Entries/Seeding:** All entries will be through Mo. The meet will be run in two divisions, Varsity and JV. Athletes may not cross over divisions. Seniors are allowed on JV. [Heat/Flight Sheets](#)  
**Varsity** – two entries in open events and one entry in relays.  
**JV** – UNLIMITED.  
Entries are due by **Thursday, May 5<sup>th</sup> at 9:00 am.** NO changes can be made after this time. [Online Entry Link](#)
- **Admission:** Entry into the Conference meet for spectators will be \$5.00 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
- **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.
- **Team Tents:** Schools are encouraged to use 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).
- **Dressing Facilities:** Locker rooms will not be available. Outdoor restrooms will be available and they are located next to the concession stand in the stadium. Please inform your athletes that they are not allowed in the school building without permission.
- **Concessions:** There will be a concession stand available. No t-shirts.
- **Hospitality:** Hospitality concession tickets will be distributed to coaching staff.
- **Medical:** We will have an athletic trainer present at the meet.
- **Workers:** Each school will run off one field event & assist with exchange zones. Email your top two field event preferences to [ebertmichael@rsdmo.org](mailto:ebertmichael@rsdmo.org). 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. On left.
  - All other field events: west side of track, furthest from the building.
  - Bathrooms: outside by concession stand.
- **Entry Fee:** Will be divided among the teams.
- Results will be posted at <https://liveresults.trxctiming.com/>
- **SPHSAAA Yellow Pool Conference meet records:** [Click Here](#)

### 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)**

- 4:15 JV Shot Put
- 4:15 Varsity Discus
- 4:15 Varsity Javelin (cafeteria style from 4:15-5:45)
- As soon as the throwing events above are completed, then the other level begins

#### **Long Jump & Triple Jump**

- 4:15-5:45 Varsity Long Jump 4 Jumps – Cafeteria Style
- 4:15-6:00 JV Triple Jump 3 Jumps – Cafeteria Style
- 6:15-7:45 Varsity Triple Jump 4 Jumps – Cafeteria Style
- 6:00-8:00 JV Long Jump 3 Jumps – Cafeteria Style

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

- 4:15\* Varsity High Jump (5 Active) Starting Height TBD  
\*As soon as VARSITY is completed, then JV High Jumps (5 Active, Starting Height TBD)
- 4:15 Varsity Pole Vault (5 Active) Starting Height TBD  
\*As soon as VARSITY is completed, then JV Pole Vaults (5 Active, Starting Height TBD)

#### **Track Events**

- 4:15 JV 4 x 800 Meter Relay Heats vs. Time
- Varsity 4 x 800 Meter Relay Heats vs. Time
- 4:45 JV 110 Meter Hurdles Heats vs. Time
- Varsity 110 Meter Hurdles Heats vs. Time
- 4:55 JV 100 Meter Dash Heats vs. Time
- Varsity 100 Meter Dash Heats vs. Time
- 5:20 JV 4 x 200 Meter Relay Heats vs. Time
- Varsity 4 x 200 Meter Relay Heats vs. Time
- 5:40 JV 1600 Meter Run Box Alley Start
- Varsity 1600 Meter Run Box Alley Start
- 6:05 JV 4 x 100 Meter Run Heats vs. Time
- Varsity 4 x 100 Meter Run Heats vs. Time
- 6:25 JV 400 Meter Dash Heats vs. Time
- Varsity 400 Meter Dash Heats vs. Time
- 6:45 JV 300 Meter Hurdles Heats vs. Time
- Varsity 300 Meter Hurdles Heats vs. Time
- 7:05 JV 800 Meter Run Heats vs. Time
- Varsity 800 Meter Run Heats vs. Time
- 7:25 JV 200 Meter Dash Heats vs. Time
- Varsity 200 Meter Dash Heats vs. Time
- 7:50 JV 3200 Meter Run Box Alley Start
- Varsity 3200 Meter Run Box Alley Start
- 8:15 JV 4 x 400 Meter Relay Heats vs. Time
- Varsity 4 x 400 Meter Relay Heats vs. Time

**GIRLS Yellow Pool Conference COACHING ASSIGNMENTS**

**Meet Director:** Shane Matzen (Athletic Director)  
**Officials:** Steve Serniak & Charlie Beck  
**Bullpen:** Matt Nienhaus and Anthony Kincade (Marquette boys' Track & Field coaches)  
**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:**

BOYS' EVENTS	GIRLS' EVENTS
Varsity Pole Vault: Marquette	JV Pole Vault: Marquette
Varsity High Jump: Marquette	JV High Jump:
Varsity Shot Put:	JV Shot Put:
Varsity Discus:	JV Discus:
Varsity Javelin:	JV Javelin:
Varsity Long Jump: Marquette	JV Long Jump: Marquette
Varsity Triple Jump: Marquette	JV Triple Jump: Marquette

**Track Judges:**

**Break Line Judge: Marquette**

**4x200 (for both girls & boys):**  
 1st and 3rd exchange:  
 2nd exchange: Officials &

**4x100 (for both girls & boys):**  
 1st exchange:  
 2nd exchange:  
 3rd exchange:

**No hurdle flight judges, unless determined by coaches.**