

Dear Coaches:

This letter is to inform and invite you to this year's Senn-Thomas Relays.

When: Monday, April 14th, 2025
Time: Coaches meeting will start at 3:15 p.m.
Field events will start at 3:30 p.m.
Running events will start at 4:30 p.m.

Where: Herculaneum High School Track

Scoring: 10-8-6-4-2-1

Cost: \$100.00 for boys
\$100.00 for girls

**Please remit payment to:
Herculaneum High School
Attn Jason Gillman, AD
1 Blackcat Dr.
Herculaneum, MO 63048**

Order of Events:

Girls followed by Boys (start at 4:30)
4 x 800 Relay (water fall start)
Shuttle Hurdle Relay (5 hurdles, **60 meters**)
Open Mile (no points, for athletes not entered in other events, unlimited entries.)
1600 Sprint Medley (400-200-200-800) 1st three runners in lanes
4 x 100 Relay (lanes)
Distance Medley (800-400-400-1200) waterfall start
4 x 200 Relay (lanes)
Sprint Medley (200-100-100-400) 1st three runners in lanes
4 x 400 Relay (1st runner in lanes)

Field Events start at 3:30 p.m.

Pole Vault – Girls followed by boys
Shot Put – Boys followed by girls
Discus – Girls followed by boys
High Jump – Boys followed by girls
Long Jump – Boys and Girls cafeteria style
Triple Jump - Boys and Girls cafeteria style

***** HJ, LJ, TJ AND POLE VAULT WILL ONLY HAVE TWO ENTRIES INSTEAD OF THREE. These events will still be scored in relay fashion (combined measurements, 2 athletes being one 'relay' team).**

Each school may enter 3 athletes (operating as one relay team) per throwing event, and one relay team per relay race. Per MSHSAA, middle school athletes may be entered into 4 events, but only 3 running events.

Please go to www.momilesplit.com to enter your athletes into the meet, all entries are due by April 13, 2024 at 4:00 pm