



Troy South Athletic Department

Aaron Henke -Athletic Director/6th Grade AP

2025 TROY SOUTH MIDDLE SCHOOL RELAYS

May 10, 2025

Coaches meeting 8:30 am (in front of the press box)

Field Events 9:00 am

Running Events 9:30

Site:	Troy Buchanan High School
Teams:	Black Hawk, Hannibal, Troy Middle, Troy South, Wentzville Frontier, Wentzville Middle, Wentzville South, Wentzville North Point and Wright City Middle.
Entry Fees:	\$175 per girls team, \$175 per boys team (Total \$350 per school)
Entry Limit:	Three (3) athletes per event from each school with one (1) relay team.
Entry Deadline:	Coaches must submit their entries through MileSplit.com . https://mo.milesplit.com/meets/589968-tsms-titan-relays-2024/info Entries/changes must be completed by Friday May 3rd at 8:00 am. If you have any questions, please contact Josh Vitoux at Big River Race Management josh@brrm.com
Rules:	We will follow the MSHSAA and NFS rules.
Division:	There is only one grade division (7 th /8 th graders are grouped together)
Starting Heights:	Starting heights: Pole Vault is TBD. The high jump will begin at 4'6" for boys and 3'8" for girls.
Field Events:	Long Jump and Triple Jumps – 4 jumps – Cafeteria Style 1 hour. All Shots and Discus will be pooled. Each Judge will check the shots and discus. Shot Put and Discus – 4 throws.
Medals:	Medals: Top 3 places Trophies: Top 2 placing teams.
Gate Entry Fee:	A gate entry fee of \$4.00 for adults and \$2.00 for students will be in effect for all spectators.



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Order of Events

Coaches Meeting at 8:30 in front of press box

Field Events Start at 9:00 am

Girls High Jump (Boys will follow)

Boys Pole Vault (Girls will follow)

Girls Triple Jump (Boys will follow) Cafeteria Style – 1 Hour, 4 jumps

Boys Long Jump (Girls will follow) Cafeteria Style – 1 Hour, 4 jumps

Girls Discus (Boys will follow) 4 Throws No Finals

Boys Shot Put (Girls will follow) 4 Throw No Finals

Running Events Start at 9:30 am

Girls 4 X 800 M Relay

Boys 4 X 800 M Relay

Girls 100 M Hurdles

Boys 100 M Hurdles

Girls 100 M Dash

Boys 100 M Dash

Girls 4 X 200 Relay

Boys 4 X 200 Relay

Girls 1600 M Run

Boys 1600 M Run

Girls 4 X 100 M Relay

Boys 4 X 100 M Relay

Girls 400 M Dash

Boys 400 M Dash

Girls 800 M Run

Boys 800 M Run

Girls 200 M Dash

Boys 200 M Dash

Girls 4 X 400 M Relay

Boys 4 X 400 M Relay



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Work Assignments

Meet Director – Jeff Boyd

Bullpen (On Track): Kelsey Johnley – Troy South

Head Field Judge: Coach Sims and Scott Windler – Troy South

Break Judge: Jeff Boyd

Medals and Announcing (Press Box): Julie Boyd and Sarah Howell

Administrator/Athletic Director: Aaron Henke (636)262-6461

Assistant: Trainer: Austin Parker

Starter: Steve Serniak

Gate: Paula Losh

Race Management: Josh Vitoux, Big River Race Management josh@brmm.com

Event

Staff Covering

- (1) Boys Long Jump
- (2) Girls Long Jump

Bosley and Sims

- (1) Girls Triple Jump
- (2) Boys Triple Jump

Judith Knealy and Blanchard and Tim Gilmore

- (1) Girls High Jump
- (2) Boys High Jump

John Beasley and Bridget Hart

- (1) Boys Pole Vault
- (2) Girls Pole Vault

Zach Blanton and Olivia Boggs

- (1) Boys Shot Put
- (2) Girls Shot Put

Kim Hacker and Andrea Rogers and Heather Creech

- (1) Girls Discus
- (2) Boys Discus

Nick Johnson and Jessie Bruns and Danyel Johnson



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4 X 1 Relay Exchange Zone Judges

1st: Black Hawk and Hannibal

2nd: Wentzville South

3rd: Troy South and Wright City

4 X 2 Relay Exchange Zone Judges

1st/3rd: North Point and Wentzville Frontier

2nd: Troy Middle

Additional Information

Teams are responsible for their valuables. No dressing facilities will be available. Restrooms are located in the fieldhouse at the east end of the track. 1/4" spikes or less are allowed on the track and runway surfaces. **Stay off of the football field.** Coaches, please help us enforce this.

Concession Stands

Concession stand will be available.

Bus Drop-Off/Parking

Buses will need to drop off at our AG building on the east side of our high school. Buses can then park in the lower parking lot. Please see attached map.