



**MISSOURI STATE HIGH SCHOOL  
ACTIVITIES ASSOCIATION**

**TRACK AND FIELD CHAMPIONSHIPS**

**CLASS 1: SECTIONAL 3**

**CLASS 4: DISTRICT 7**

**HOSTED BY BELTON HIGH SCHOOL  
SOUTHWICK STADIUM  
MAY 13, 2017**

**PARTICIPATING SCHOOLS**

**CLASS 1 – SECTIONAL 3**

Bunceton  
Calvary Lutheran  
Green Ridge  
Hermitage  
Jamestown  
La Monte  
Macks Creek  
Newburg  
Otterville  
Pilot Grove  
Prairie Home  
Smithton  
St. Elizabeth  
Stoutland  
Stover  
Sweet Springs  
Wheatland

Braymer  
Brunswick  
Glasgow  
Hale  
Hardin-Central  
Keytesville  
Malta Bend  
Norborne  
Northland Christian  
Northwestern (Mendon)  
Orrick  
Polo  
Salisbury  
Santa Fe  
Slater  
Tina-Avalon  
Wellington-Napoleon  
Wentworth Military Academy

**CLASS 4 – DISTRICT 7**

Belton  
Grain Valley  
Grandview  
Harrisonville  
Kirksville  
Marshall  
Moberly  
Oak Grove  
Pleasant Hill  
Raytown South  
Warrensburg



## **MSHSAA TRACK AND FIELD CHAMPIONSHIPS**

**CLASS 1 – SECTIONAL 3  
CLASS 4 – DISTRICT 7**

LOCATION: Belton High School  
Southwick Stadium. 813 W. North Ave. Belton, MO 64012

MEET DIRECTOR: Ken Peek PH: 816-820-2757 Email: [kpeek@bsd124.org](mailto:kpeek@bsd124.org)  
ASS'T MEET DIRECTOR: Kim Robinson PH: 816-405-8211 Email: [kdrobinson@bsd124.org](mailto:kdrobinson@bsd124.org)  
ATHLETIC DIRECTOR: John Schaefer PH: 816-516-0622 Email: [jschaefer@bsd124.org](mailto:jschaefer@bsd124.org)

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### **GENERAL INFORMATION**

DATE: Saturday, May 13, 2017  
TIME: Coaches Meeting at 8:30 AM. (see schedule on page 8)

GAMES COMMITTEE: Class 1: Quentin Bainbridge.. Wellington-Napoleon  
Jerad Luke – Hardin-Central  
Kris Conley – Sweet Springs  
Michelle Sumner -- Jamestown  
  
Class 4: Thomas Stueve – Raytown South  
John Hamilton – Pleasant Hill  
Brian Bliss – Harrisonville  
Tony Stoneking -- Moberly

PASS LISTS: Available in your MSHSAA handbook. Passes must be completed and emailed/faxed to Michaelyn Orlick. Email: [morlick@bsd124.org](mailto:morlick@bsd124.org). Fax No. 816-489-7505. Passes must be received by noon on Tuesday, May 9<sup>th</sup>.

AWARDS: Top 4 places receive medals. 1<sup>st</sup> and 2<sup>nd</sup> place district team plaques. Top 4 in districts move on to sectionals. Top 4 in sectionals move on to state competition. No team awards for sectional competition. Awards may be picked up in the west building.

SCORING: 10-8-6-5-4-3-2-1 for all events

TIMING: FAT timing will be used. Manual timing will be used as backup.

TRACK: 8-Lane All-weather track. Jumping surfaces are the same.

SPIKES: Spikes must be 1/8" pyramid. Longer spikes may result in disqualification.

TAPE: No tape is allowed on track or jumping surfaces.

FIELD EVENTS: Shot put and discus rings are concrete. Javelin runway is grass.

IMPLEMENTS:	Implements must be weighed in during the designated times. Implements will be collected and delivered to the event 30 minutes prior to the start of the event and be “pooled.” The implements must remain in the pool for the duration of the event. Implements that do not make weight will be impounded and can be picked up at the conclusion of the event.
CONCESSION:	Will be available operated by the Belton Booster Club.
RESTROOMS:	Available outside in east and west buildings.
LOCKER ROOMS:	Not available.
TEAM CAMPS:	Teams must use east bleachers or the lower section of the west side for team camps due to the large amount of spectators on the west side. <u>Team camps inside the track are prohibited.</u> Tents should be set up in the grassy area directly behind the west bleachers (behind press box). Athletes and coaches may access the track through the West Stadium gate. Please clean team camps before leaving.
TRACK ACCESS:	Track access will be strictly limited to those athletes that are warming up, competing, and event workers. Coaches are restricted to designated coaching boxes. All athletes should enter the track area at the West gate along the front straightaway. Athletes MUST be in uniform to access the track.
SPECTATORS:	Spectators are strictly prohibited from being inside the track. Please be proactive and share this information with your parents. There are designated spectator areas for the shot put, discus, long jump, triple jump, and javelin. All spectators must enter this area from the SE gate near the shot-put ring.
CALLS FOR EVENTS:	<p>First Call: 30 minutes before designated event start time.  Second Call: 20 minutes before designated event start time  Third Call: 10 minutes before designated event start time.</p> <p>Note: Athletes may report at first call to check in to receive hip numbers. At Final Call: Athletes MUST stay in the bullpen to receive race directions from the clerk of the course and/or bullpen clerk. Athletes will be escorted to the track by the clerks.</p> <p>Please take note of these procedures:  1) Spikes will be checked by the clerk.  2) Relay teams will be given instructions in bullpen and sent to exchange zones.  3) Athletes will be escorted to the start line by the clerks.  4) <b><u>Athletes who are in a conflicting field event must wait until Final Call to check out with the field event judge.</u></b></p> <p>Please coach your athletes up on these procedures.</p>
BULLPEN:	The bullpen for all running events will be located on the turf near the north end zone (see map). All athletes must check in to receive their hip numbers to be worn on the left hip. Athletes must stay in the bullpen after FINAL CALL has been made to receive race instructions from the clerk. Athletes will be escorted to the start line, in heats, by the clerks.

RELAY CARDS:	Relay cards must be turned in at the bullpen. All members of the relay must check in for uniform, baton, and spike inspection and to receive instructions for the relay. For the 4x100 and 4x200 Relays runners will report to their exchange zones after given instructions from the bullpen clerk.
TURF RESTRICTIONS:	No food, gum, colored drink, or sunflower seeds are allowed on turf. Turf area will be limited to athletes warming up. Teams will not be allowed to camp on the turf.
WARM UP:	Athletes will be permitted to use the athletic field for warm-up purposes only. Please remain in the stands or tent area unless warming up. See map for designated warm-up area.
COACHES:	Coaches' scratch meeting will be held at 8:30 AM in the large meeting room of east building adjacent to the track. Coaches are not to be near the start/finish line or the infield area unless they are working an event, serving as a back-up timer, or in a designated coaching box for the high jump or pole vault. Do not cause an athlete to be disqualified by your presence in those areas or by coaching your athlete outside the designated areas within the competition area.
VIDEO:	The use of video recording devices can be used for instruction. Recording for the field events and coaching of athletes must be done from the designated areas.
PRESS BOX:	The press box is a restricted area during the district/sectional track meet. Only approved meet officials and workers and members of the press with credentials are allowed in the press box area.
HOSPITALITY:	Donuts will be provided at the coaches meeting. Coaches will also receive a meal card to use at the concession stand.
BLOCKS:	Will be provided.
BLOCKHOLDERS:	BELTON will provide block-holders to reduce unnecessary personnel on the track.
T-SHIRTS:	Will be available for sale. Pricing information not available at this time.
ATHLETE DROP OFF:	Please have busses enter the stadium at the west entrance roundabout off of 58 Highway (W. North Ave). There will be an area in front of the "Southwick Stadium" sign for drop off.
BUS PARKING:	After dropping off athletes, busses should proceed up the hill to south parking lot behind high school. We will have personnel to direct busses where to park.
TRAINER:	Erin Washington, ATC, will be located on the south end of the track.
ADMISSION:	\$6.00 for adults and students as set by MSHSAA. Children 5 and under are free of charge.



## **MSHSAA TRACK AND FIELD**

**CLASS 1 – SECTIONAL 3**

**CLASS 4 – DISTRICT 7**

### **ENTRY INFORMATION**

**NOTE:** For a complete listing of all district/sectional meet regulations please refer to the Track and Field 2017 Handbook.

**Deadlines:** The **District Meet** entry deadline is 4:00 p.m. on the Monday prior to the District Meet. Failure to do so will result in a fine. All entries are blind. The official entry process is an ONLINE website, which a head coach must access at [www.trxctiming.com](http://www.trxctiming.com). There will be no entry forms to mail or fax to the District Meet Manager; however, coaches must be prepared to provide proof of all performances in case one or more performances are challenged. Coaches may manage their entries until 4:00 p.m. on Wednesday. The protest period will be from 6:00 p.m. on Wednesday until 12:00 p.m. on Thursday.

There will be no **Sectional Meet** entry form to turn in; however, coaches have from Monday prior to the Sectional Meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website ([www.trxctiming.com](http://www.trxctiming.com)).

**Eligibility:** Only those students certified eligible on the school's track and field eligibility roster on the MSHSAA website by the school Athletic Director, Superintendent, or Principal are eligible to compete in the District/Sectional Meet. Entries submitted after the entry deadline shall not be accepted unless they are received by the meet manager prior to 4:00 p.m. on the Wednesday prior to the meet, and then only if the school pays a late penalty of \$50.00.

**Entry Limits:** Schools are limited to a maximum of two entries in each individual event and one team in each relay event. However, schools may enter more than two competitors in individual events at the District Meet provided all competitors meet the qualifying minimum performance standards located in this manual. If a school has more than two entries in an individual event at the district meet, then all entries must meet the qualifying standards and all performances must be certified as having been attained in a regular season meet of four (4) or more schools. This certification is to be faxed to Don Maurer (573-875-1450) by 4:00 p.m. on the Monday prior to the meet. The entry should contain the signature of the meet referee or meet manager at the meet where the individual qualified.

**Advancers:** All advancers/qualifiers from the **District Meet** to the Sectional Meet will automatically be forwarded to the online entry website from the District Meet Manager. There will be no Sectional Meet entry form to turn in; however, coaches have from Monday prior to the Sectional meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website.

All advancers/qualifiers from the **Sectional Meet** to the State Meet will automatically be forwarded to the online entry website from the Sectional Meet Manager. There will be no State Meet entry form to turn in; however, coaches have from Monday prior to the State meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website. The contestants' names that are entered on the website by 4:00 p.m. on the Monday before the meet are the names that will be reflected in the Track and Field Program

**Scratches:** An athlete may be scratched at the coaches meeting prior to the District or Sectional meet from an event or events entered without affecting his/her eligibility in other events in which he/she may be entered. However, if the athlete is not scratched at the coaches meeting, he/she or coach must report the scratch to the clerk of the course or the event judge in those field events in which he/she is entered in order to be eligible to compete in the remaining events entered. In either case, this event(s) shall count toward the individual athlete's participation limitation. DISTRICTS ONLY: No substitutions will be permitted in an event at the coaches/scratch meeting at the district meet except in the event of illness/injury (2.2 citizenship) when such is certified in writing to the meet manager by the MSHSAA Office. The Games Committee shall deal with emergency situations

**Relay Substitutions and Relay Entries:**

A substitution may be made on relay teams in the District, Sectional, and State Meets up to the start of the race, provided names are listed on the online entry website. No more than six (6) individuals per relay team may be listed on the online entry website. Only those contestants actually designated as members of the relay to participate will be charged with an event as the relay team reports to the clerk of the course (NF Rule 5-9-10; p. 36).

## **FIELD EVENT INFORMATION**

**Sectional Competition:**

Competitors will be placed into one flight of 8 and will compete in reverse order. Long jump, triple jump, shot put, discus, and javelin will each receive 4 attempts. Pole Vault will be conducted using the "5 Alive" and high jump will use the "3 Alive" continuous flight procedure. Competitors will have 1 minute to initiate an attempt. NFHS guidelines will be followed for rest time when only one competitor remains.

**District Competition:**

Competitors will be placed into flights in the long jump, triple jump, shot put, discus, and javelin. Competitors will receive three preliminary attempts with the top 9 advancing to finals. In the event of a tie for the 9<sup>th</sup> place, both competitors will advance to the finals. Competitors will receive 3 additional attempts in the finals. Preliminary attempts will carry through to the finals. Pole Vault will be conducted using the "5 Alive" and high jump will use the "3 Alive" continuous flight procedure. Competitors will have 1 minute to initiate an attempt. NFHS guidelines will be followed for rest time when only one competitor remains.

**Time Limit Procedure for Excused Competitors:** Guidelines for a competitor who has been excused from one event to compete in another at the District, Sectional, or State Meet.

1. The athlete must notify the event judge that they will be leaving for a running event.
2. The judge will record the time that the athlete is excused to compete. The judge, as a courtesy, informs the athletes of the time limitations involved. It is the coach's responsibility to inform his or her athlete of this rule.
3. The athlete shall wait until AT LEAST the third call for a running event before being excused. The judge may require the athlete to stay at the event if it is determined that the conflicting event is to be delayed.
4. The judge may allow the athlete to take more than 1 trial out of turn before being excused.
5. From the time the competitor is excused, the judge will allow 15 minutes plus the maximum amount of time allowed to initiate an attempt of the event in question. This time will vary in accordance with Rule 7-2-12 of the National Federation Rule Book (1 minute in all events).
6. In the High Jump and Pole Vault, if the athlete has failed to return in the allotted time and all other competitors have passed, failed, or cleared the existing height, then the crossbar shall be raised to the next height, and the judge will pass the excused competitor to the next height.
7. In the reverse order of finals for the Shot Put, Discus, Javelin, Long Jump and Triple Jump. Athletes must take their trial in rotation unless they have been excused by the Event Judge. If they are not checked back at the allotted time and everyone else has completed that rotation, they will forfeit that trial.
8. Only the FIRST PLACE competitor has the privilege of waiting until all the previous jumps or throws have been completed in the finals.
9. The field event judge must be fair to all competitors, not only the overcommitted athlete, but the other competitors waiting for their event to move on as well. Coaches must take into account the limited time allowed to compete in other events when determining their entries and must take responsibility for the consequences of over-committing their athletes.

**SPECIAL EMPHASIS (Rule 3-10-3):** In preliminaries and finals, the Head Judge may change the order of competition to accommodate those who may be excused to participate in other events.



# TIME SCHEDULE

## **FIELD EVENT SCHEDULE:**

	9:30 AM	1:00 PM
Long Jump	1A Boys, 4A Boys to follow	1A Girls, 4A Girls to follow
Triple Jump	1A Girls, 4A Girls to follow	1A Boys, 4A Boys to follow
High Jump	4A Boys, 1A Boys to follow	4A Girls, 1A Girls to follow
Pole Vault	4A Boys, 1A Boys to follow	4A Girls, 1A Girls to follow
Discus	1A Boys, 4A Boys to follow	1A Girls, 4A Girls to follow
Shot Put	1A Girls, 4A Girls to follow	1A Boys, 4A Boys to follow
Javelin	4A Girls, 1A Girls to follow	4A Boys, 1A Boys to follow

## **PRELIMINARY RUNNING EVENTS – Class 4 District**

10:00 AM	Boys	110M Hurdles
10:10 AM	Girls	100M Hurdles
10:20 AM	Boys	100M Dash
10:30 AM	Girls	100M Dash
10:45 AM	Girls	4x800M Relay – Class 4
11:00 AM	Boys	4x800M Relay – Class 4
11:15 AM	Boys	200M Dash
11:20 AM	Girls	200M Dash
11:30 AM	Girls	4x800M Relay – Class 1
11:45 AM	Boys	4x800M Relay – Class 1

12:00 PM NATIONAL ANTHEM

## **FINAL RUNNING EVENTS: District followed by sectional**

12:05 PM	Girls	100M Hurdles	2:25 PM	Girls	300M Hurdles
12:15 PM	Boys	110M Hurdles	2:35 PM	Boys	300M Hurdles
12:25 PM	Girls	100M Dash	2:45 PM	Girls	800M Run
12:30 PM	Boys	100M Dash	2:55 PM	Boys	800M Run
12:35 PM	Girls	4x200M Relay	3:10 PM	Girls	200M Dash
12:45 PM	Boys	4x200M Relay	3:15 PM	Boys	200M Dash
1:00 PM	Girls	1600M Run	3:20 PM	Girls	3200M Run
1:20 PM	Boys	1600M Run	3:50 PM	Boys	3200M Run
1:40 PM	Girls	4x100M Relay	4:20 PM	Girls	4x400M Relay
1:50 PM	Boys	4x100M Relay	4:35 PM	Boys	4x400M Relay
2:00 PM	Girls	400M Dash			
2:10 PM	Boys	400M Dash			



# MEET WORK ASSIGNMENTS

REFEREE:	Chris Rebello	STARTER:	Mary Cromer
HEAD FIELD JUDGE:	Dan Cromer	STARTER:	Larry Burchett
ANNOUNCER:	Todd Vaughn	HEAD TIMER:	Scott Connor (Finish Lynx)
HEAD FINISH JUDGE:	Philip Miller	ASS'T FINISH:	John Roster
CLERK OF THE COURSE:	Kyle Cahill	ASS'T CLERK:	Scott Thurston
BULLPEN CLERKS:	Chad Cross		
BACKUP TIMER:	Jacob Craig	SCORING:	Ivy Hendrix
AWARDS:	TBA		

**FIELD EVENTS:** Class 4 Schools will serve as event judges and be assisted by class 1 schools. Class 4 Schools should provide a minimum of 2 adult judges while class 1 schools shall provide a minimum of 1 judge.

EVENT	9:30 AM JUDGE	9:30 AM ASS'TS	1:00 PM JUDGE	1:00 PM ASS'TS
SHOT PUT	Grain Valley	Wheatland Polo	Grain Valley	Braymer Smithton
DISCUS	Kirksville	Green Ridge Malta Bend	Kirksville	Santa Fe Otterville
JAVELIN	Warrensburg	St. Elizabeth Orrick	Warrensburg	Norborne La Monte
TRIPLE JUMP	Oak Grove	Bunceton Newburg	Oak Grove	Glasgow Brunswick
LONG JUMP	Harrisonville	Hale Stoutland	Harrisonville	Stover Slater
POLE VAULT	Belton	Hardin-Central Sweet Springs	Belton	Macks Creek Salisbury
HIGH JUMP	Grandview	Calvary Lutheran Hermitage	Grandview	Jamestown Wentworth MA

## **4 x 100 EXCHANGE ZONES**

1<sup>st</sup>: Pleasant Hill(2), Hermitage (2)  
2<sup>nd</sup>: Marshall (2), Newburg (2)  
3<sup>rd</sup>: Moberly (2), Tina-Avalon (2)

## **4 x 200 EXCHANGE ZONES**

1<sup>st</sup>/3<sup>rd</sup>: Raytown South (2), Keytesville (2)  
2<sup>nd</sup>: Belton (2), Starters (2)

## **4x400 and 4x800:**

Break Line: Belton

## **Curve Judges: (1 from each school thru out day)**

SE Curve: Wellington Napoleon  
SW Curve: Belton/Start Crew  
NE Curve: Raytown South  
NW Curve: Moberly

## **MANAUL BACK-UP TIMERS:**

1<sup>st</sup>: Belton; Prairie Home  
2<sup>nd</sup>: Pleasant Hill; Northland Christian  
3<sup>rd</sup>: Raytown South; Northwestern (Mendon)  
4<sup>th</sup>: Marshall; Keytesville  
5<sup>th</sup>: Moberly; Newburg  
6<sup>th</sup>: Tina-Avalon  
7<sup>th</sup>: Belton  
8<sup>th</sup>: Belton

# SOUTHWICK STADIUM

