

Missouri Class 3 District 7 Track Meet

Date: Saturday, May 15, 2021

Location: Clinton, Missouri (Middle School: 600 E Clinton St - 64735)

Coaches Meeting:

9:00 AM in the field house (Scratches Only). Head Coaches must be present.

Time:

Field Events: 9:30 AM

Running Events: 10:00 AM

Varsity Boys Teams (Districts) : Butler, Center, Clinton, Holden, Knob Noster, Oak Grove, Odessa, Pleasant Hill, Southeast, St. Michael the Archangel Catholic, Warsaw

Varsity Girls Teams (Districts) : Butler, Center, Clinton, Holden, Knob Noster, Notre Dame de Sion, Oak Grove, Odessa, Pleasant Hill, Southeast, St. Michael the Archangel Catholic, Summit Christian Academy, Warsaw

Games Committee: Head Starter – JR Collins, Starter-Dee Steffe, and Field Events Official-Andy Ferking, Nathan Johnson – Clinton, Spencer Gudde - Holden, Patrick Dent – Pleasant Hill, Jimmy Barnes - Butler,

GENERAL MEET INFORMATION

- We will NOT have a hospitality room this year. Coaches please plan accordingly for food, snacks, and water. We will have a concession stand open run by the Booster Club.
- Water station to fill water bottles will be provided.
- Coaches must fill all jobs assignments.
- The bullpen will be located in the East end ("D-Zone" - opposite of the start/finish line). An athlete will be given a hip number to be placed on the left hip and this will be located in the East end zone.
- Only athletes and meet officials may enter the field of competition. The south gate below the press box and the side gate by the field events will be the only access gates to the track.
- Athletes not currently participating in an event must remain outside the fenced area (unless warming up for an event).
- Coaches not currently officiating must also remain outside the fenced area and remain in designated coaching areas.
- All MSHSAA rules will apply to uniforms and electronics (including video, cell phone, etc...). There is no jewelry rule other than safety related.
- Team camps may be set up in the South bleachers or behind the press box, in the grassy areas. (refer to map). Please do not set up camp in the North side grandstand, these will be for spectators.
- In accordance with the MSHSAA guidelines, admission cost is \$5 per person.
- Buses parking– Please see attachment, buses in the parking lots at our elementary schools.
- Locker rooms are not available.
- Athletic trainer or Medical Personnel will be on site.
- District T-Shirts will be available at concession stands from the booster club
- Scoring: Points will be scored 10-8-6-5-4-3-2-1 for eight places in all events
- PLEASE USE ONLY 1/4" OR BELOW IN PYRAMID SPIKES. THEY WILL BE CHECKED IN THE BULLPEN. PLEASE DO NOT WEAR SPIKES IN THE BLEACHER AREA.
- Results will be posted on the press box wall and following the race to MOMILESPLIT.

Field Event Information

- All field events must report when called. Be sure to check in with the event judge.
- Shot and Discus are located on the East end of the stadium on the open field outside the fence.
- Long jump, Triple Jump and Pole Vault are located at the West end of the stadium.
- Javelin is located behind the press box near tent city.
- Prior to competition, each shot and discus must be inspected and approved by the head field event judge. Implement weigh-in will take place in the Field House. Implements will be carted/escorted to locations.
- Opening heights for the high jump and pole vault will be determined at the coach's meeting. Poles will need to be checked in by a meet official and this will take place near the pole vault competition area.
- All jumps are finals. Best of 3 jumps in High Jump and Pole Vault. Best of 4 in all other field events.
- Field event time to finish will be 1.5 hours. High Jump and Pole Vault if an athlete leaves they have 15 minutes from the time they leave to report back and jump or the height will be moved up (bars will not be moved back down). The athlete will at that time need to attempt at the new height.
- Long Jump and Triple Jump. Once run throughs are finished and the event has started there will be no more run throughs allowed.
- High Jump will move up by .05 meters and Pole Vault by .15 meters. All other field events will be measured to the nearest lesser centimeter.
- All measurements need to be in meters.
- **Shot/Discus/Javelin Weigh In: 8:10am to 9:10am** -- Clinton or Official- This will be located in the Field House directly inside the garage door.

Entries Deadlines

The District Meet entry process deadline is 12pm (noon). on Tuesday (May 11th) prior to the District Meet.

<https://mo.milesplit.com/meets/425510-class-3-district-7-2021/info#.Ylg1v-hKjcs>

You must have entered at least one athlete for your boys and your girls so that we know you are going to districts. When posting entries please use accurate times to ensure all athletes lane positioning are accurate and fair. The protest period will be from 6:00 p.m. on Wednesday until 12:00 p.m. on Thursday. The timing company will be B&M Timing for this meet. Protests need to be submitted ASAP. If you have any questions about your district entries, please contact Don Maurer (don@mshsaa.org; 314-565-3298).



MSHSAA Track and Field

2021 Class 3 District 7 Track and Field

Track Meet Schedule

<u>9:30 a.m.</u>	<u>11:30 a.m.</u>	<u>1:30 p.m.</u>
B Shot Put	B Javelin	B Discus
G Triple Jump	G Discus	G Shot Put
G Pole Vault	B Triple Jump	B Pole Vault
G Javelin	G Long Jump	G High Jump
B High Jump		B Long Jump

Running Events

10:00	Girls	3200 meter run
10:15	Boys	3200 meter run
11:00	Girls	4x800 meter relay
11:15	Boys	4x800 meter relay
11:45	Girls	100 meter hurdles
11:55	Boys	110 meter hurdles
12:10	Girls	100 meter dash
12:15	Boys	100 meter dash
12:20	Girls	4x200 meter relay
12:30	Boys	4x200 meter relay
12:40	Girls	1600 meter run
12:55	Boys	1600 meter run
1:10	Girls	4x100 meter relay
1:20	Boys	4x100 meter relay
1:30	Girls	400 meter dash
1:40	Boys	400 meter dash
1:55	Girls	300 meter hurdles
2:10	Boys	300 meter hurdles
2:30	Girls	800 meter run
2:45	Boys	800 meter run
3:00	Girls	200 meter dash
3:10	Boys	200 meter dash
3:20	Girls	4x400 meter relay
3:30	Boys	4x400 meter relay

CLASS 3 DISTRICT 7 FIELD EVENT ASSIGNMENTS

Each school is responsible for providing the sufficient amount of workers for each event.

Boys Long Jump Summit Christian Academy

Girls Long Jump Pleasant Hill

Boys Triple Jump Butler

Girls Triple Jump Holden

Boys High Jump Warsaw

Girls High Jump Center

Boys Pole Vault Oak Grove

Girls Pole Vault Odessa

Boys Discus Southeast

Girls Discus St. Michael

Boys Shot Notre Dame de Sion

Girls Shot Knob Noster

Boys Javelin Clinton

Girls Javelin Clinton

Exchange Zones

Breakline

(800, 1600, 3200, 1600 Relay) Butler

Corner Judges

East- Notre Dame de Sion/Odessa/Pleasant Hill

West- Southeast/Center/Summit Christian Academy

Hurdles

Clinton, Holden, Warsaw, Knob Noster, St. Michaels, Oak Grove, Butler

4 x 100 Relay

1st Exchange Warsaw

2nd Exchange Knob Noster

3rd Exchange St. Michaels

4 x 200 Relay

1st/3rd Exchange Oak Grove

2nd Exchange Clinton

If you are responsible for an event you will need to have a coach that can work. Just like all the other district meets you will need to provide your own helpers in the event you will be running off, maybe athletes who are not competing at that time. We will have one team (Clinton) working both genders due to the number of schools in the district. This is not a decision made by Clinton to have districts run off by coaches, it is all districts in the state. Please plan accordingly.