

# 2025

## Class 1 & Class 3

### District 1 Meet Sheet

**Date:** Saturday, May 10<sup>th</sup>, 2025

**Site:** Dexter High School

**Time:** 8:00 AM Implement Weigh-ins at the Fieldhouse Garage

9:00 AM Coaches Scratch Meeting (Scratches only) in Field House South End of Field

10:00 AM Field Events Start (More details on gender order below)

10:00 AM Running Events Start

We will only roll the schedule in the event of inclement weather or if we are extremely behind schedule for some reason.

**Admission Charges:** Tickets will be available through Hometown Ticketing

**Pass List:** The list is for school personnel necessary for a school's team to be able to successfully compete

- **Persons who should be listed:** high school coaches, managers, athletic trainers, bus drivers, administrators
- **Persons who should not be listed:** Spouses and children, junior high coaches, non-competing athletes
  - This Pass list must be completed by Thursday, May 8th, at 12:00 p.m. (Noon).  
Finalize Pass list entered on the MSHSAA.org

**Entries:** Entries must be submitted by the head coach on Mo.Milesplit.com by Tuesday, May 6th @ 12:00pm (Noon). NO substitutions after Wednesday, May 7th, 12:00pm. (Noon)

**Admission Bracelets:** Coaches and Athletes will receive bracelets to be worn all day during the scratch meeting at 9:00 a.m. in Fieldhouse. Coaches—color 1, Class 1 athletes—color 2, Class 3 athletes—color 3. These bracelets must be worn at all times, or admission to the track will not be permitted.

**Number of Entries:**

- Competitor event entry limits: See Section 2.E.1.b
- Individual events - 2 entries per gender / per school
- Relays - 1 entry per gender / per school
- Additional Qualifying Individual Entries: Schools may enter additional competitors provided all

competitors meet the minimum qualifying standards

- All competitors may have met the qualifying standard.
- All performances must be certified by the MSHSAA office before the entry deadline.

**Performance Marks:**

- Only those marks listed on mo.milesplit.com will be used for district entries.
- Marks found to be entered in error will result in an NT or ND for seeding
- Only marks made on varsity hurdle heights are acceptable.

**Entry / Performance Mark Protests:**

- Any coach may protest the legitimacy of an entry or performance mark.
- Protests must be submitted via email
- **Protest Deadline is Wednesday May 7th, 12:00pm (Noon)**

**Substitutions:**

- Substitutions are only allowed until Wednesday, May 7th, at 12:00 pm (Noon). Substitutions after the deadline will only be considered in the case of a documented injury or illness. These substitutions are considered late entries, and a \$50 fine will be assessed.

**Failure to Report:**

- If a relay team does not check in, all runners listed will be attached to the event, and all 8 will be disqualified.

**Scratch:**

- If athletes report and scratch the team from the relay, only the 4 listed as competitors will be attached to the event.

**Event Count:**

- The relay team and four designated members to run become competitors after the relay team reports to the clerk of the course. This event now counts as an event in which each of the four (4) listed competitors competed.

**State Series Advancement: District to Sectionals**

- Top 4 Individual finishers in each event / per gender
- Top 4 relay teams in each event / per gender

**District Awards:**

- **Team:** A plaque will be awarded to the 1st and 2nd place teams for each gender / per class.
- **Individual:** Medals will be awarded to the top four (4) place winners in each event.

**Timing / Results: TRXC Timing**

**Distance Events:** 800 will be a double waterfall start

1600 & 3200 will be a double waterfall start with all competitors in one heat (one race for boys, one for girls) unless it is necessary to have more.

**Hospitality:** Coaches and Bus Drivers are allowed in the Fieldhouse anytime throughout the day as long as they have their bracelets on.

**Concessions:** Concessions will be sold from the main entrance to the school.

**Scoring:** Individuals and Relay Events – 10,8,6,5,4,3,2,1

**Officials:** Head Track Official - Assistant Track Official - Head Field Official - Assistant Track Official -

**Field Events: Starting at 10:00 am**

Boys	Class 3	Pole Vault	Girls	Class 1	Long Jump
Boys	Class 3	High Jump	Girls	Class 3	Shot Put
Boys	Class 3	Triple Jump	Girls	Class 1	Javelin
Boys	Class 1	Discus			

- **Time Limit:** All trials must be completed within the specified time limit
  - Maximum 1 ¼ hours for 16 competitors. For each additional 8 competitors, the addition of 15 minutes will be added.
- **Throwing Events:** Run in flights with a maximum of (8) competitors per flight
- **Horizontal Jumps:** Run Cafeteria Style during prelims.

**Field Event Expectations:** Athletes are expected to remain at the field event until at least 2nd call of a track event; then, they must report to the field event judge that they are leaving the field event. At that time, athletes will be told they have 15 minutes to return and continue competing. Upon being permitted to leave the event, the athlete will be given a note stating the departure time and the expected 15-minute return time. This note is expected to be shown during their return to the event judge when the athlete checks back in. If they will not make it back to compete and need more time, the athlete or a coach should report back to the event judge and request an extension along with a new 15-minute excusal note, that states the extension time and expected check-back-in time, rather than leaving the event stalled out of respect for the other athletes. Failure to report to field events in 15 minutes will result in an inability to complete warm-ups and/or forfeit their attempt at a throw or jump. Once the field event has started, warm-ups will not be permitted. The only athletes that are allowed warm-up time after events begin are those choosing to enter at heights other than the starting height in pole vault and high jump.

- Example: 10:00 am Joe is vaulting and needs to run the 100m. Joe must check out with the head event judge. The head event judge should hand Joe a check-out note marked with the exit time and the expected return time. Exit Time: 10:00 am / Return Time: 10:15 am. Joe must return this note to the head event judge to check back in. If Joe is not checked back in by 10:15 am and his attempt rolls around, the event judge will call his name, and after one minute, his attempt will be considered a miss.

**• BOTTOM LINE- PLEASE RESPECT THE WORKER AND OTHER ATHLETES' TIME!!**

**Class 1 & 3 District 1 Field Events**

**Prelims/ Finals:** Long Jump, Triple Jump, Discus, Javelin, and Shot Put will have Prelims & Finals.

All jumpers will get (3) Prelim attempts while competing in a cafeteria style.

**The top 9 Jumpers/Throwers from the Prelims will be gathered for finals ASAP to attempt 3 more jumps in reverse order of 9th - 1st. The top four competitors will move on to sectionals.** Warm-ups are allowed before the start of Finals.

- |   |   |
|---|---|
| • <b>Long and Triple Jump:</b> Prelims (3) attempts | <b>Finals (3) attempts</b> - Top four move on |
| • <b>High Jump:</b> Starting Height TBA.            | <b>Finals</b> - Top four move on              |
| • <b>Pole Vault:</b> Starting Height TBA.           | <b>Finals</b> - Top four move on              |
| • <b>Throws:</b> Prelims (3) attempts               | <b>Finals (3) attempts</b> - Top four move on |

## **2. F Electronic Devices: Devices are permitted to be used in unrestricted areas and coach's boxes**

- Communication Devices: The use of cell phones or other communication devices is prohibited during competition. Use is a disqualifiable offense.
- May not be used to review an official's decision

### **Equipment:**

- ¼ inch spikes only.
- Throwing implements **WILL** be pooled after check-in and taken to the competition site.
- **Equipment check-ins will take place at the Field House garage.**
- Only chalk & cones will be allowed for jumping marks, the tape will be pulled off if seen and remeasuring will not be allowed if the event has started.

### **Teams Attending:**

#### **Class 1 District 1**

Bakersfield, Bismark, Bell City, Couch, Crossroads College Preparatory, Crystal City, Delta, Dora, Marquand-Zion, Norwood, Oran, Richland, Scott County Central, St. Paul Lutheran, St. Vincent, Valle, Viburnum, Winona, Zalma

#### **Class 3 District 1**

Arcadia Valley, Park Hills Central, New Madrid County Central, Dexter, Doniphan, Fredericktown, Hancock, Herculanum, Kennett, Lutheran South, Notre Dame - Cape, Ste. Genevieve, West County

### **Games Committee:**

Notre Dame, NMCC, Ste. Gen, Herculanum, Dex, St. Vin, Doniphan, Arcadia Valley, Crystal City

### **The Jury of Appeals:**

**Class 1** - St. Vincent, Crystal City, Bell City, Richland, Scott County Central

**Class 3** - Notre Dame, NMCC, Ste. Genevieve, Dexter, Doniphan, Arcadia Valley

### **Track Surface Changes to Note:**

- 4x100 Exchange Arrows - **YELLOW to YELLOW**
- 4x200 Exchange Arrows - **RED to RED** followed by **YELLOW to YELLOW**
- 300 Meter Hurdle Placement Marks -WHITE
- 100 Meter Hurdle Placement Marks - **Yellow**
- 100 Meter Hurdle Start Line -WHITE
- 110 Meter Hurdle Placement Marks - **BLUE**
- 110 Meter Hurdle Start Line - WHITE

# 2025 District Time Schedule

## General Guidelines for TRACK EVENTS:

- Girls shall compete first in Odd Years
- Boys shall compete first in Even Years

Boys: (B) Girls: (G)

Class 1: [C1] Class 3 : [C3]

Implement Weigh-in @ 8:00 am on the Fieldhouse Garage

Coaches Meeting @ 9:00 am in Red Field House - South End of Track

## Field Events

**Pole Vault will ROLL with a 30-minute warm-up between sessions.**

### 10:00 – 11:30 AM

Pole Vault (B) [C3]

### 12:00 PM – 1:30 PM

Pole Vault (B) [C1]

### 2:00 – 3:30 PM

Pole Vault (G) [C3]

### 4:00 – 5:30 PM

Pole Vault (G) [C1]

### 10:00 – 11:30 AM

High Jump (B) [C3]

Long Jump (G) [C1]

Triple Jump (B) [C3]

Shot Put (G) [C3]

Discus (B) [C1]

Javelin (G) [C1]

### 12:00 PM – 1:30 PM

High Jump (B) [C1]

Long Jump (G) [C3]

Triple Jump (B) [C1]

Shot Put (G) [C1]

Discus (B) [C3]

Javelin (G) [C3]

### 2:00 – 3:30 PM

High Jump (G) [C3]

Long Jump (B) [C1]

Triple Jump (G) [C3]

Shot Put (B) [C3]

Discus (G) [C1]

Javelin (B) [C1]

### 4:00 – 5:30 PM

High Jump (G) [C1]

Long Jump (B) [C3]

Triple Jump (G) [C1]

Shot Put (B) [C1]

Discus (G) [C3]

Javelin (B) [C3]

## Running Events - Girls Shall Compete First

### Class 1 Districts followed by Class 3 Districts

10:00 Class 1/Class 3 **Girls** 4x800m Relay Final (Double Waterfall)

10:30 Class 1/Class 3 **Boys** 4x800m Relay Final (Double Waterfall)

11:00 Class 1/Class 3 **Girls** 110m Hurdles Final

11:15 Class 1/Class 3 **Boys** 100m Hurdles Final

11:30 Class 1/Class 3 **Girls** 100m Dash Final

11:45 Class 1/Class 3 **Boys** 100m Dash Final

12:00 Class 1/Class 3 **Girls** 4x200m Relay Final (Heats v. Time)

12:15 Class 1/Class 3 **Boys** 4x200m Relay Final (Heats v. Time)

12:30 Class 1/Class 3 **Girls** 1600m Run Final (Double Waterfall)

12:45 Class 1/Class 3 **Boys** 1600m Run Final (Double Waterfall)

1:00 Class 1/Class 3 **Girls** 4x100m Relay Final (Heats v. Time)

1:15 Class 1/Class 3 **Boys** 4x100m Relay Final (Heats v. Time)

1:30 Class 1/Class 3 **Girls** 400m Dash Final (Heats v. Time)

1:45 Class 1/Class 3 **Boys** 400m Dash Final (Heats v. Time)

2:00 Class 1/Class 3 **Girls** 300m Hurdles Final (Heats v. Time)

2:15 Class 1/Class 3 **Boys** 300m Hurdles Final (Heats v. Time)

2:30 Class 1/Class 3 **Girls** 800m Run Final (Double Waterfall)

2:40 Class 1/Class 3 **Boys** 800m Run Final (Double Waterfall)

2:50 Class 1/Class 3 **Girls** 200m Dash Final

3:05 Class 1/Class 3 **Boys** 200m Dash Final

3:20 Class 1/Class 3 **Girls** 3200m Run Final (Double Waterfall)

3:50 Class 1/Class 3 **Boys** 3200m Run Final (Double Waterfall)

4:20 Class 1/Class 3 **Girls** 4x400m Relay Final (3-Turn Stagger, Heats v. Time)

4:40 Class 1/Class 3 **Boys** 4x400m Relay Final (3-Turn Stagger, Heats v. Time)

**Meet Manager:** Chad Jamerson - [cjamerson@dexter.k12.mo.us](mailto:cjamerson@dexter.k12.mo.us) - (573) 233-4459

**Entry Questions:** Curt Schilling