

MSHSAA Track and Field
Double Sectional Meet Schedule @ Paris High School
May 11th, 2024

Coaches Meeting: 8:00 AM - Elementary School Gym

Field Events

Pole Vault will ROLL with a 30 minute warm-up between event

<u>8:30 AM – 10:00 AM</u> Class 1 Girls Pole Vault	<u>10:30 AM – 12:00 PM</u> Class 1 Boys Pole Vault	<u>12:30 PM – 2:00 PM</u> Class 3 Girls Pole Vault	<u>2:00 PM – 3:30 PM</u> Class 3 Boys Pole Vault
<u>8:30 AM-9:30 AM</u> Class 1 Boys Javelin	<u>10:00 AM-11:00 AM</u> Class 3 Boys Javelin	<u>11:30 AM-12:30 PM</u> Class 1 Girls Javelin	<u>1:00 PM-2:00 PM</u> Class 3 Girls Javelin
<u>9:00 AM – 10:15: AM</u> Class 3 Boys High Jump Class 1 Boys Long Jump Class 3 Girls Triple Jump Class 1 Girls Shot Put Class 3 Boys Discus	<u>10:30 AM – 11:45 PM</u> Class 3 Girls High Jump Class 1 Girls Long Jump Class 3 Boys Triple Jump Class 1 Boys Shot Put Class 3 Girls Discus	<u>12:00 PM – 1:15 PM</u> Class 1 Boys High Jump Class 3 Boys Long Jump Class 1 Girls Triple Jump Class 3 Girls Shot Put Class 1 Boys Discus	<u>1:30 PM – 2:45 PM</u> Class 1 Girls High Jump Class 3 Girls Long Jump Class 1 Boys Triple Jump Class 3 Boys Shot Put Class 1 Girls Discus

Running Events → Class 1 will run first

11:00 AM	Boys	4x800m Relay
11:30	Girls	4x800m Relay
12:00 PM	Boys	110m Hurdles
12:10	Girls	100m Hurdles
12:20	Boys	100m Dash
12:30	Girls	100m Dash
12:40	Boys	4x200m Relay
12:50	Girls	4x200m Relay
1:00	Boys	1600m Run
1:20	Girls	1600m Run
1:40	Boys	4x100m Relay
1:50	Girls	4x100m Relay
2:00	Boys	400m Run
2:10	Girls	400m Run
2:25	Boys	300m Hurdles
2:40	Girls	300m Hurdles
2:50	Boys	800m Run
3:00	Girls	800m Run
3:10	Boys	200m Dash
3:20	Girls	200m Dash
3:30	Boys	3200m Run
3:50	Girls	3200m Run
4:20	Boys	4x400m Relay
4:30	Girls	4x400m Relay

2024 PARIS SECTIONAL MEET

DATE: Saturday May 11, 2024

Coaches Meeting: 8:00am - Elementary School Gym

- 1. Admissions- Digital Tickets Only. Go to MSHSAA to purchase tickets.
<https://www.mshsaa.org/CMSPages/Tickets.aspx>**
- 2. No spikes in the bleachers. All jumping, running and javelin surfaces are resillite. Spikes must be 3/16" pyramid only. NO NEEDLE SPIKES allowed. Spikes will be checked at the bull pen and starting line. Longer spikes will result in disqualification for the athlete or relay team.**
- 3. Bullpen will be located at the 50 yard line and athletes will be escorted to the starting line.**
- 4. All contestants must be in proper uniform, according to MSHSAA standards.**
- 5. We will provide starting blocks. No block holders are needed. Blocks won't move.(No other block allowed)**
- 6. Coaches, managers, and spectators are asked to remain out of the restricted areas. Please stay outside the chain link fence on the side walks around the track. Stay behind the ropes for field events. We will have a designated coaches box at the field events to show video to your athletes, Please stay out of the finish line area.**
- 7. Team camps will be in the area southwest of the track. No locker rooms will be provided**
- 8. There will be a concession stand provided. Cash only.**
- 9. We will provide meal tickets for coaches, officials and event workers.**
- 10. Bus parking will be east of the school art the Ag/Administration building(see Map)**
- 11. We will be asking coaches to run some Field Events.**
- 12. Our Track Facility will be open daily at 5pm if any schools want the opportunity to practice.**
- 13. If you have any questions please call Gary Crusha 660-492-3774**

MEET PROCEDURES:

NO PRELIMINARIES

Running Events:

Seeding

Lane Final Only

- 1 5 th Fastest Non District Winner
- 2 3 rd Fastest Non District Winner
- 3 Fastest Non District Winner
- 4 Fastest District Winner
- 5 2 nd Fastest District Winner
- 6 2 nd Fastest Non District Winner
- 7 4th Fastest Non District Winner
- 8 6 th Fastest Non District Winner

The 4x800, 800, 1600, and 3200 are run out of individual lanes for each competitor, with a one-turn stagger.

Field Events:

*Throwing Events and Horizontal Jumps:4 attempts. Contested in (1) flight in reverse order

*Vertical Jumps: 4 attempts, Contested in reverse order of jumps.

POLE VAULT WARM UP PROCEDURE: Before any athlete can begin warm-up, the coach must certify that the pole meets standards for the weight of the athlete by initialing and writing in the weight of the athlete beside their name. Also, the poles must have passed inspection and be clearly marked by the judges.

POLE VAULT COMPETITION:

- During competition the athletes' names are called: UP, ON DECK, ON HOLD.
- The athlete UP adjusts the standard indicator between 18 –31.5 inches depending on their preference for this attempt.
- During this time, the pit workers are adjusting the standards to meet those measurements.
- The assistant judge with the clipboard (which shows the coaches initial and the weight of the athlete) is matching the max allowable weight for the pole with the athlete's weight on the clipboard.
- When the "All Ready" signal from the head judge and the pit workers is given, the assistant judge on the runway informs the athlete that the time clock is starting and they have one minute to initiate the jump to completion.
- Any athlete who wishes to pass should declare their intent when their name is called and before the 1-minute time clock starts.
- To protect competitors, officials and workers, and to better care for poles: someone should be available to catch the pole, after it is released.

BUS TURN AROUND

SHOT PUTT

PV

BOYS JAVELIN

TRIPLE JUMP

LONG JUMP

DISCUS

HIGH JUMP

BUS DROP OFF

TEAM CAMP

TEAM-CAMP

TEAM CAMP

BUS PARKING

Paris Elementary School

BUS PARKING

COACHES MEETING

BUS PARKING

HANDICAP PARKING

GIRLS JAVELIN

SPECTATOR PARKING

Paris R-II High School

SPECTATOR PARKING

Paris City Office

Layers

3D

