

MSHSAA Class 3, Sectional 4 Track Meet

- Date:** Saturday May 11, 2024
- Location:** Holden High School – 1901 S. Main St., Holden, MO 64040
- Coaches Meeting:** 9:30am - Location will be the Multipurpose Building.
(Scratches Only) Head Coaches must be present.
- Time:** Field Events – 10:30am
Running Events Begin – 11:00am
- Entry Fee:** \$8.00, Required for all spectators ages six (6) and up

We will accept digital tickets ONLY at the gate

There are 2 gates available for entry: East Gate, West Gate
- Pass List:** Please complete MSHSAA Pass List
- Gates Open:** 9:00 AM
- Implements:** Weigh-in: 8:30am to 9:30am

Shot Put and Discus in the track storage (will be impounded).

Javelin: at the practice football field measured on site.

Live Results: TBA

PLEASE USE ONLY 1/4" PYRAMID SPIKES. THEY WILL BE CHECKED IN THE BULLPEN.

PLEASE DO NOT WEAR SPIKES IN THE BLEACHER AREA.

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FIELD EVENTS:

10:30am	11:30am	1:00pm
Boys Javelin	Boys Discus	Boys High Jump
Boys Pole Vault	Boys Long Jump	Boys Shot Put
Boys Triple Jump	Girls Triple Jump	Girls Pole Vault
Girls Shot Put	Girls Javelin	Girls Long Jump
Girls High Jump		Girls Discus

Opening Heights: Girls Pole Vault: **TBA** Girls High Jump: **TBA** Boys Pole Vault: **TBA** Boys High Jump: **TBA**

Opening Heights: Will be determined by the Games Committee prior to the meet

RUNNING EVENTS

(in 2024, Boys 1st, then Girls)

11:00am	Boys	4x800m Relay	Final (1-Turn Stagger)
11:15am	Girls	4x800m Relay	Final (1-Turn Stagger)
11:30am	Boys	110m Hurdles	Final
11:35am	Girls	100m Hurdles	Final
11:40am	Boys	100m Dash	Final
11:45am	Girls	100m Dash	Final
11:50am	Lunch		
12:20pm	Boys	4x200m Relay	Final (4-Turn Stagger)
12:30pm	Girls	4x200m Relay	Final (4-Turn Stagger)
12:40pm	Boys	1600m Run	Final (1-Turn Stagger)
12:50pm	Girls	1600m Run	Final (1-Turn Stagger)
1:00pm	Boys	4x100m Relay	Final
1:10pm	Girls	4x100m Relay	Final
1:20pm	Boys	400m Dash	Final
1:30pm	Girls	400m Dash	Final
1:45pm	Boys	300m Hurdles	Final
1:55pm	Girls	300m Hurdles	Final
2:05pm	Boys	800m Run	Final (1-Turn Stagger)
2:15pm	Girls	800m Run	Final (1-Turn Stagger)
2:25pm	Boys	200m Dash	Final
2:35pm	Girls	200m Dash	Final
2:45pm	Boys	3200m Run	Final (1-Turn Stagger)
3:00pm	Girls	3200m Run	Final (1-Turn Stagger)
3:15pm	Boys	4x400m Relay	Final (3-Turn Stagger)
3:25pm	Girls	4x400m Relay	Final (3-Turn Stagger)

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GENERAL MEET INFORMATION

- Our Track Booster Club will be providing each coach breakfast and lunch. Continental breakfast will be in the multipurpose room prior to the coach's meeting. Lunch will be served around noon.
- Coaches must fill all jobs assignments.
- The bullpen will be located at the northwest corner of the track. An athlete will be given a hip number to be placed on the left hip.
- Only athletes and meet officials may enter the field of competition.
- 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 northeast grassy area (refer to map). **Please do not set up camp in the west side bleachers, these will be for spectators.**
- Locker rooms are NOT available.

PARKING

- **Buses parking**-- Please see the attached map, buses will park behind and in front of the Middle School. Please communicate this with them.
- **Spectator Parking**--We have 2 parking lots at the high school. We also have parking at our Middle School. Please refer to map at the end of the packet. **PLEASE SEND OUT TO YOUR COMMUNITIES THAT WE WILL NOT ALLOW PARKING ON THE GRASS AND THAT VIOLATORS WILL BE WARNED AND TOWED.**

Medical Information

- There will be a certified Athletic Trainer on site and located in the middle of the football field.
- I have completed the EAP (Emergency Action Plan) on the MSHSAA site for our facility. I will also have a PEMM (Pre-Event Medical Meeting) as part of the coaches meeting.

District Meet Entry Process

- Qualifying entries will be automatically advanced after all District results have been submitted.
- All qualifying entries must be verified on Mo.MileSplit.com
 - Scratch any individual qualifiers not competing in the sectional meet.
 - Confirm relay team member names. Substitutes may be made.
- Entry Verification Deadline: **12:00pm, Tuesday May 7, 2024**
- Pass List is due: **12:00pm, Thursday May 9, 2024**

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Field Event Information

- All field events must report when called. Be sure to check in with the event judge.
- Shot and Discus is located to the south end of the complex to the south the press box.
- Javelin will take place on our practice football field and east of our track.
- Long jump and triple jump are located beyond the north endzone.
- High jump and pole vault are located beyond the south endzone.
- Prior to competition, each shot and discus must be inspected and approved by the head or assistant field event judge. **Implement weigh-in will take place beginning at 8:30am.**
- **Throwing Events and Horizontal Jumps:**
 - Contested in one (1) flight of eight in reverse order of qualification.
 - Tied qualifying marks shall be placed randomly.
 - Competitors will be permitted four (4) throws or jumps.
- **Vertical Jumps**
 - Contested in reverse order of qualification.
 - Tied qualifying marks shall be placed randomly.
- Opening heights for the high jump and pole vault will be determined by the games committee.
- Poles will need to be checked in by the event judge or field judge before warming up. This will take place near the pole vault competition area.
- Warm up of thirty (30) minutes for each field event.
- No warmups without supervision of event judge.
- Time Limit for a competitor who has been excused from one event to compete in another event, 20 minutes.

Scoring, Awards, and Qualification Information

- Scoring will be 10-8-6-5-4-3-2-1 for individual and relay events.
- Top 4 place finishers will earn medals and advance to the Class 3 State Meet at Jefferson City.
- All awards will be available in the press box upon completion of the final event.

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Meet Management

Meet Director and AD:	Spencer Gudde	sgudde@holdenschools.org	
Holden Head Coach:	David Diener	ddiener@holdenschools.org	
Games Committees:	David Diener	Holden	Class 3 District 7
	Nathan Johnson	Clinton	Class 3 District 7
	Brian Goatley	El Dorado Springs	Class 3 District 7
	Rodney Bade	Maryville	Class 3 District 8
	Dale Sharp	Lawson	Class 3 District 8
Announcer:	Terry Hedglin		
Starters & Field Event Judges:	Roger Giger – Starter/Referee, Andy Edgar – Assistant Starter Leslie Ewigman – Head Field Event Judge		
Bullpen:	Melissa Kackley & Emily Purnell		
Finish Line:	Spencer Gudde & David Diener		
Timing Company:	Black Squirrel Timing		
Field Events:	MSHSAA requests 1 coach per assignment. We will provide: tape measure, rakes, clipboards, pencils, and competitor list.		
Concessions:	Holden Track Team		

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FIELD EVENT, EXCHANGE ZONE, AND CURVE JUDGE ASSIGNMENTS

<u>Event</u>	<u>Girls Class 3</u>	<u>Boys Class 3</u>
Long Jump	Clinton, Southeast	Knob Noster, Crossroads Preparatory
Triple Jump	El Dorado Springs, Central KC	Holden, Frontier STEM Charter
High Jump	Oak Grove, KIPP KC Legacy	Richmond, St. Pius X
Pole Vault	Lexington, St. Michael the Archangel	Maryville, Knob Noster
Shot Put	Lone Jack, Northeast KC	Warsaw, Notre Dame de Sion
Discus	Holden, Paseo Academy	Cameron, Ewing Marion Kauffman
Javelin	Pembroke Hill, Clinton	Lawson, Hogan Prep Academy

Exchange Zones: 1 Coach per assignment

	<u>EXCHANGE ZONE 1</u>	<u>EXCHANGE ZONE 2</u>	<u>EXCHANGE ZONE 3</u>
4X100 RELAY	Clinton Richmond	Cameron Oak Grove	Pembroke Hill Lexington
4X200 RELAY	Ewing Marion Kauffman Maryville	Holden Lawson	St. Pius X Lone Jack
4X400 RELAY	2 OFFICIALS WILL JUDGE ALL EXCHANGES		
4X800 RELAY	2 OFFICIALS WILL JUDGE ALL EXCHANGES		

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CURVE JUDGES: 1 coach per location to watch for curve penalties.

1st half: until 4x100m is over, 2nd half: 400 to remainder of the meet

	<u>1st half Class 1 and 3 events, 4x800m to 4x100m</u>		<u>2nd half Class 1 and 3 events, 400m to 4x400m</u>	
NE CURVE	Hogan Prep	Warsaw	Southeast	Richmond
NW CURVE	Frontier STEM	Notre Dame de Sion	Oak Grove	Paseo Academy
SE CURVE (Breakline)	El Dorado Springs	Northeast KC	Knob Noster	Central KC
SW CURVE	Holden	Crossroads Prep	KIPP KC Legacy	Lawson

<u>HURDLE JUDGES:</u>	Please be at your flight of hurdles for the beginning of the race.
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<u>Flight</u>	<u>100/110 Hurdles</u>	<u>300m Hurdles</u>
1	Cameron	Warsaw
2.	Central KC	Clinton
3.	Lone Jack	Pembroke Hill
4.	Southeast	Lawson
5.	Knob Noster	Paseo Academy
6.	KIPP KC Legacy	Maryville
7.	Oak Grove	St. Michael the Archangel
8.	Ewing Marion Kauffman	Holden
9.	Lexington	
10.	Holden	

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Location of Field Events:

Javelin—Practice Football Field, East of Stadium

Shot Put—South of Press box

Discus—South of Shot Put

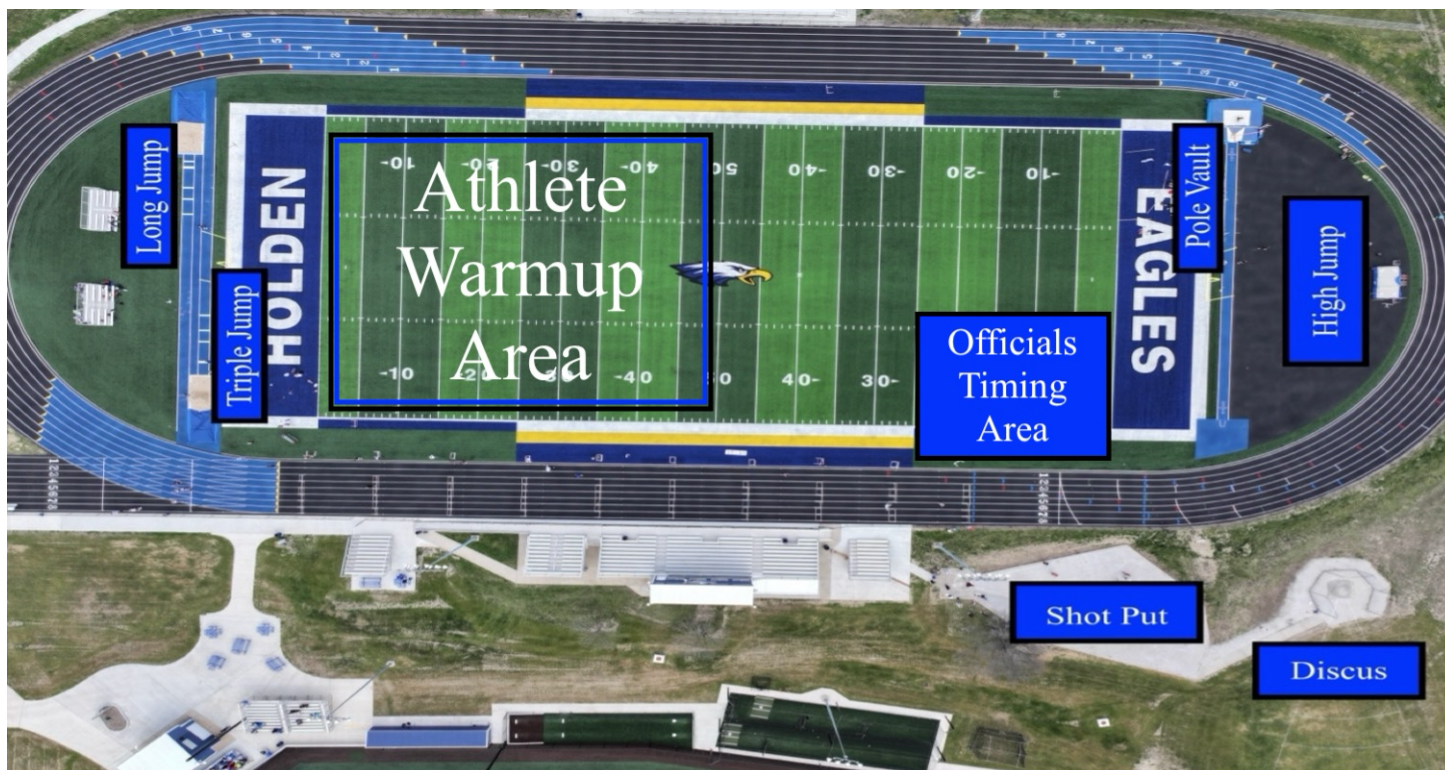
High Jump—South end of track

Pole Vault—South end of track

Long Jump—North end of track

Triple Jump—North end track

In an effort to keep the field as clear as possible and to comply with MSHSAA regulations, please only allow athletes to warm up in the north end of the field and keep the south end clear.



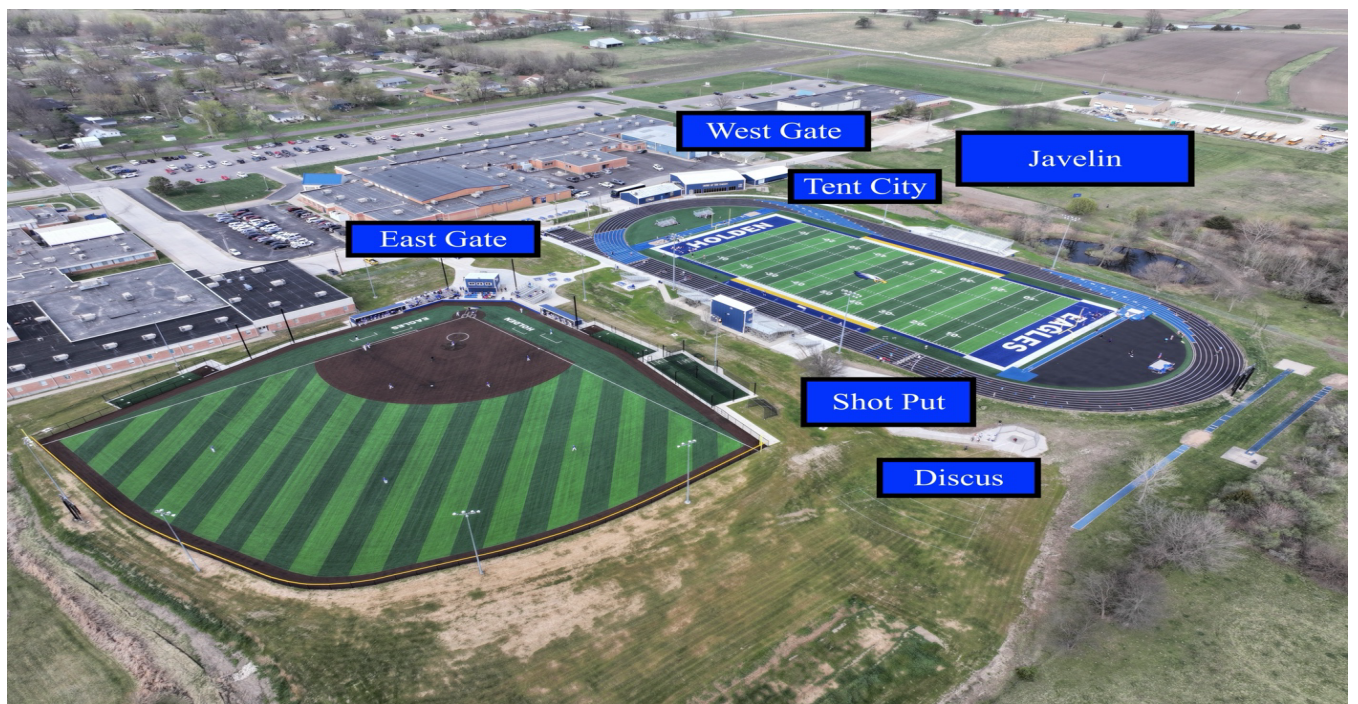
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Parking, Seating, and Event Maps

Overhead image (parking and gates)



Overhead (track view)



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Inclement Weather Responsibilities:

Reminder to only speak on the radio if necessary during the evacuation process.

Individuals are allowed to go to their vehicles if they desire.

30 Minute Rule – Clear Field – Wait 30 minutes and resume play. If no play, wait an additional 30 minutes and make a final decision (Decision made by Administrators/Coaches/Officials but Administration in charge has the final say)

Announcer with pertinent information. The Meet will be suspended at this time due to severe weather in the area. Participants in the meet are to go with your sponsor to your assigned areas. All fans may take cover in the HS gym located in the school or go to your vehicles. But we must clear the stadium. Follow the directions of our administrators. We will delay for a minimum of 30 minutes before we possibly resume.

Spencer Gudde (AD) and Grant Guevel (Principal) – Coordinate Press Box/communicate with head coaches, monitor severe weather detectors.

All other administrators please help to move patrons to the HS gym or to their vehicles.

Holden Track (Coach Diener) will move to Multipurpose Building and Football Locker room.

All other track teams can report to their bus or to the high school where we will utilize the gym, cafeteria, Eagle Landing and hallways.

Fans will move to the HS gym by entering the south doors next to concession stand. Individuals are allowed to go to their vehicles if they desire.

Gate workers move to the commons or SWC.