

2025

Class 3 Sectional 1 & Class 4 District 1 Meet Sheet

Date: Saturday, May 17th, 2025

Site: Notre Dame Regional High School

Time: 8:00 AM **Implement Weigh-ins at the center of the infield by the tables**
9:00 AM **Coaches Scratch Meeting (Scratches only) in Drury Hall Gymnasium**
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 15th, 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 13th @ 12:00pm (Noon).** NO substitutions after Wednesday, May 14th, 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 Drury Gymnasium. 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 14th, 12:00pm (Noon)**

Substitutions:

- Substitutions are only allowed until Wednesday, May 14th, 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: Championship 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 Drury Hall Gymnasium 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 - Jeremy Hermann
Head Field Official - John Bache

Assistant Track Official - Ken Cook
Assistant Track Official - James Stoverink

Field Events: Starting at 10:00 am

Boys Class 3 Pole Vault	Girls Class 4 Long Jump
Boys Class 3 High Jump	Girls Class 3 Shot Put
Boys Class 3 Triple Jump	Girls Class 4 Javelin
Boys Class 4 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 3 Sectional 1 Field Events

Finals: Long Jump, Triple Jump, Discus, Javelin, and Shot Put will be Finals only.

All jumpers will get (4) attempts while competing in reverse order.

The top four competitors will move on to state.

- **Long and Triple Jump: Finals** (4) attempts - Top four move on
- **High Jump:** Starting Height TBA. **Finals** - Top four move on
- **Pole Vault:** Starting Height TBA. **Finals** - Top four move on
- **Throws: Finals** (4) attempts - Top four move on

Class 4 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.

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|---|---|
| ● Long and Triple Jump: Prelims (3) attempts | Finals (3) attempts - Top four move on |
| ● High Jump: Starting Height TBA. | Finals - Top four move on |
| ● Pole Vault: Starting Height TBA. | Finals - Top four move on |
| ● Throws: Prelims (3) attempts | Finals (3) attempts - 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 center of the infield, located by the tables.**
- 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.
- Rule 6-7-1 states, “ A marker shall not be placed ON the runway or in the landing pit. Markers may be placed alongside the runway to assist in the run-up and take-off.

Teams Attending:

Class 3 Sectional 1

Arcadia Valley	New Madrid	Park Hills	Dexter	Doniphan
Fredericktown	Hancock	Herculaneum	Kennett	Lutheran South
Notre Dame	Ste. Genevieve	West County	Bayless	
Collegiate School of Med-Bio		Gateway	Kipp	Lift for Life
Lutheran North	Maplewood	Miller Career	Soldan	St. Marys Southside
Steam Academy	Vashon			

Class 4 District 1

Affton	Cor Jesu	Desoto	Festus	Hillsboro	Notre Dame
Perryville	Potosi	Sikeston	North County		

Games Committee:

Notre Dame, New Madrid, Ste. Gen, Herculaneum, Dexter, Festus, North County, Hillsboro, Sikeston

The Jury of Appeals: **Class 3** - New Madrid, Ste. Genevieve, Herculaneum, Dexter, Notre Dame

Class 4 - Festus, North County, Hillsboro, Sikeston, Notre Dame

Track Surface Changes to Note:

- 4x100 Exchange Arrows - White - Lane Lines are Blue
- 4x200 Exchange Arrows - White to white followed by Yellow to Yellow
- 300 Meter Hurdle Placement Marks - Green
- 100 Meter Hurdle Placement Marks - Yellow
- 100 Meter Hurdle Start Line - Yellow
- 110 Meter Hurdle Placement Marks - White
- 110 Meter Hurdle Start Line - White

2025 District / Sectional Time Schedule

General Guidelines for TRACK EVENTS:

- **Girls shall compete first in Odd Years**
- **Boys shall compete first in Even Years**
- **In District / Sectional Meets:**
 - **District Competes First / Sectional Follows**

Boys: (B)

Class 4: [C4]

Girls: (G)

Class 3 : [C3]

Implement Weigh-in @ 8:00 am on the infield of the track

Coaches Meeting @ 9:00 am in Drury Hall Gymnasium

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 AM – 1:30 PM

Pole Vault (B) [C4]

2:00 – 3:30 PM

Pole Vault (G) [C3]

4:00 – 5:30 PM

Pole Vault (G) [C4]

10:00 – 11:30 AM

High Jump (B) [C3]

Long Jump (G) [C4]

Triple Jump (B) [C3]

Shot Put (G) [C3]

Discus (B) [C4]

Javelin (G) [C4]

12:00 AM – 1:30 PM

High Jump (B) [C4]

Long Jump (G) [C3]

Triple Jump (B) [C4]

Shot Put (G) [C4]

Discus (B) [C3]

Javelin (G) [C3]

2:00 – 3:30 PM

High Jump (G) [C3]

Long Jump (B) [C4]

Triple Jump (G) [C3]

Shot Put (B) [C3]

Discus (G) [C4]

Javelin (B) [C4]

4:00 – 5:30 PM

High Jump (G) [C4]

Long Jump (B) [C3]

Triple Jump (G) [C4]

Shot Put (B) [C4]

Discus (G) [C3]

Javelin (B) [C3]

Running Events - Girls Shall Compete First

Class 4 Districts followed by Class 3 Sectionals

10:00	Class 4/Class 3	Girls	4x800m Relay Final (Double Waterfall)
10:30	Class 4/Class 3	Boys	4x800m Relay Final (Double Waterfall)
11:00	Class 4/Class 3	Girls	110m Hurdles Final
11:15	Class 4/Class 3	Boys	100m Hurdles Final
11:30	Class 4/Class 3	Girls	100m Dash Final

11:45	Class 4/Class 3	Boys	100m Dash Final
12:00	Class 4/Class 3	Girls	4x200m Relay Final (Heats v. Time)
12:15	Class 4/Class 3	Boys	4x200m Relay Final (Heats v. Time)
12:30	Class 4/Class 3	Girls	1600m Run Final (Double Waterfall)
12:45	Class 4/Class 3	Boys	1600m Run Final (Double Waterfall)
1:00	Class 4/Class 3	Girls	4x100m Relay Final (Heats v. Time)
1:15	Class 4/Class 3	Boys	4x100m Relay Final (Heats v. Time)
1:30	Class 4/Class 3	Girls	400m Dash Final (Heats v. Time)
1:45	Class 4/Class 3	Boys	400m Dash Final (Heats v. Time)
2:00	Class 4/Class 3	Girls	300m Hurdles Final (Heats v. Time)
2:15	Class 4/Class 3	Boys	300m Hurdles Final (Heats v. Time)
2:30	Class 4/Class 3	Girls	800m Run Final (Double Waterfall)
2:40	Class 4/Class 3	Boys	800m Run Final (Double Waterfall)
2:50	Class 4/Class 3	Girls	200m Dash Final
3:05	Class 4/Class 3	Boys	200m Dash Final
3:20	Class 4/Class 3	Girls	3200m Run Final (Double Waterfall)
3:50	Class 4/Class 3	Boys	3200m Run Final (Double Waterfall)
4:20	Class 4/Class 3	Girls	4x400m Relay Final (3-Turn Stagger, Heats v. Time)
4:40	Class 4/Class 3	Boys	4x400m Relay Final (3-Turn Stagger, Heats v. Time)

Meet Manager: Ryan Long - ryanlong@notredamecape.org - (573) 380-8587

Entry Questions: Big River Race Management: Javitoux1@gmail.com