

STATE MEET INFORMATION

[Coaches Information Video Link](#)

Opening Ceremonies: The public address announcer will invite all athletes to gather on the track in front of the main grandstand to participate in the welcome of athletes, the presentation of colors by Troopers from the Missouri Highway Patrol and the National Anthem. Please see that your athletes make their way to that area of the track. Gather at:

Classes 1&2: 10:30

Classes 3 -5: 9:30

Defined Area of Competition: Where Removal of any Portion of the Team Uniform (except shoes) is Prohibited:
The floor of the stadium and all competition areas.

Electronic Devices: NFHS Rule 3-2-8 & State Championship policies prohibit the use of electronics within the competition area. For the purpose of the championships, this area is defined as each field event venue and any area inside the track perimeter fence. This includes the warm-up area. Please make sure your athletes are aware.

Southeast Gate Information: The south gate to the Stadium will open at **8:00 a.m. each day** of the State Championships. Coaches and Athletes will enter through this gate. Athletes will need to show **both** bib numbers. Coaches will need to show wristband to gain entrance at this gate.

Implement Weight-In/Inspection:

- **Shot put and Discus:** Implements will be weighed and inspected at a table located in front of the garages just North of the shot put venue prior to each throwing event (open at 8:30 a.m. and until the last event).
- **Pole Vault:** Shall use the same timeframe for pole inspection at the assigned pit, but it will be dependent upon the completion of the previous pole vault event.
- **Javelin:** Javelins will use the same time frame but will be inspected at the javelin venue.

Coaching Boxes: Coaching boxes will be clearly marked by yellow rails covers on the fences. Only **ONE COACH PER TEAM** is permitted inside the coaches' boxes. There will be coaching boxes available at all field events.

Check Marks and Take-Off Marks: Markers for field event check marks will be provided by the clerks and field event judges.

School Tents: School tents will be set up in the area across the street and SOUTH of the Stadium. **NO STAKES** allowed for tents. No chairs, tents or canopies are allowed into the track/coaches' areas. Tents may be set up after 5:00 PM on Thursday

Starting Blocks: All individuals using starting blocks will use those provided by MSHSAA. No outside blocks will be permitted and no block holders will be permitted. [Link to Block Information](#)

Qualifying from Preliminary Heats in Running Events to the Finals: In running events requiring preliminary heats, the advancement/qualifying from the prelims to the finals will be the first place finisher in each heat plus the next six fastest times.

Discus and Shot Put Competitions: The discus and shot put will be contested in the field event area EAST of the Stadium, and the throwing sector will be 32.94 degrees.

Javelin Competition: The javelin will be contested in the field across the street and SOUTH of the Stadium behind Tent City. The runway will be rubber on top of concrete.

Student Volunteers: We need student volunteers to assist with field events. If you have a student(s) you wish to bring to the state meet for this purpose, please provide Adrianna (adrianna@mshsaa.org) with their name(s) as soon as possible.

Competitor's Uniform (4-3-1b):

- Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions. All relay team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments that members are from the same team.
- The ultimate responsibility to having each competitor compliant with the uniform rule is with the **coach**.

Track Markings

100 Hurdle Marks GOLD dashed lines
 110 Hurdle Marks BLUE dashed lines
 300 Hurdle Marks WHITE dashed lines

4 X 100 Starting Lines GOLD
 Exchange Zones big GOLD triangles

4 X 200 Starting Lines WHITE
 Exchange Zones big WHITE triangles (1st exchanges)
 big WHITE triangles (2nd exchange)
 big GOLD triangles (3rd exchange)

4 X 400 Starting Lines BLUE
 Exchange Zones big BLUE triangles (1st exchange)
 BLUE triangles (2nd and 3rd exchanges)

Break Line..... dashed GREEN line

400 Meter Dash Starting Lines GOLD

All other Starting Lines..... WHITE

Alley Division (Left Side of Lane 5) .. GREEN & WHITE dashed line

Common Finish Line WHITE

Horizontal Jump Boards

Long Jump..... 8' from pit

Triple Jump..... 18' from pit
 23' from pit
 28' from pit
 33' from pit
 38' from pit

Vertical Jump – Starting Heights

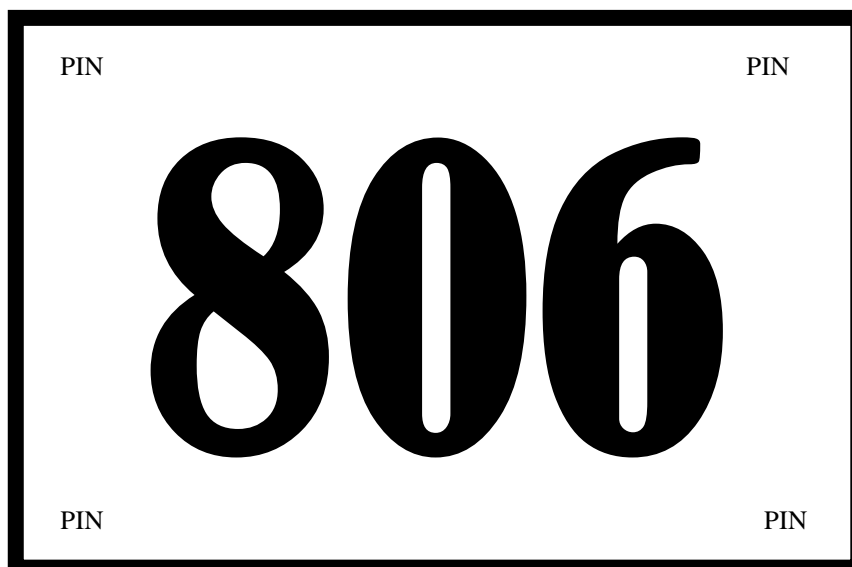
Class	Gender	Pole Vault	High Jump
1	Girls	2.25 m	1.40 m
1	Boys	2.90 m	1.73 m
2	Girls	2.27 m	1.39 m
2	Boys	3.04 m	1.75 m
3	Girls	2.52 m	1.45 m
3	Boys	3.20 m	1.77 m
4	Girls	2.75 m	1.43 m
4	Boys	3.51 m	1.74 m
5	Girls	2.90 m	1.52 m
5	Boys	3.80 m	1.80 m
*Once all sectional results have been posted and verified, these will be determined and updated.			

Vertical Jump – Successive Increment Heights

	Pole Vault	High Jump
First 3 Height Changes	0.15 m (15 cm)	0.05 m (5 cm)
Subsequent Height Changes	0.07 m (7 cm)	0.02 m (2 cm)

HOW TO PIN COMPETITORS NUMBERS TO JERSEYS

Please be sure that both the front and back numbers are pinned on the uniform with the correct side up. To verify, look at the back side of each number. If you can read the National Federation logo, you are holding the number with the correct side up. Pin the numbers on the uniform about armpit height.



TO: Track and Field Coaches
FROM: Missouri Track and Cross Country Coaches Association
SUBJECT: ALL-STATE CERTIFICATES

The Missouri Track and Cross Country Coaches Association (MTCCCA) is awarding **ALL-STATE CERTIFICATES** to student-athletes placing in the top eight in each event at the state track meet. Student-Athletes will be given a certificate after receiving their medal at the awards stand.

Additional certificates may be purchased for display at your school, home, etc., for \$2.00 each. The certificates are 9x12 and representative of outstanding effort in Missouri Track and Field competition.

The MTCCCA appreciates your cooperation with this project. Your support will allow us to continue to award these certificates to deserving student-athletes in future years.

The Missouri Track and Cross Country Coaches Association (MTCCCA) sponsors an annual clinic and awards banquet for coaches each year. Make plans to attend the clinic in Columbia next winter as dates will be announced.



Missouri State High School Activities Association

1 N. Keene Street, Columbia, MO 65201 • P.O. Box 1328, Columbia, MO 65205

Phone (573) 875-4880 • email@mshsaa.org

♦ www.mshsaa.org ♦

Dr. Kerwin Urhahn, Executive Director

Stacy Schroeder, Associate Executive Director

Davine Davis, Assistant Executive Director Doug Fessler, Assistant Executive Director Craig Long, Chief Financial Officer Lou Mazzocco, Assistant Executive Director
Marty M. Marsh, Assistant Executive Director Kenny Seifert, Assistant Executive Director Greg Stahl, Assistant Executive Director Jason West, Communications Director

SUPERVISION OF STUDENTS IN HOTELS AND MOTELS

The MSHSAA Office has received several reports regarding misconduct of students who have stayed at hotels and motels during our state tournaments, and some proprietors have indicated that they may find it necessary to refuse registration for high school students.

Our investigation of this matter indicates that the problems come primarily from students who make motel reservations by telephone, etc., and are not under the supervision of parents or school representatives. Regardless of whether or not the students are attending under the supervision of the school, their misconduct is damaging to the image of that school, and also causes difficulty by making motel proprietors somewhat hesitant in making reservations for high school teams participating in our various state events.

We have advised the hotel and motel proprietors in the towns and surrounding areas in which our championship events are held to register only students who are accompanied by their coach or students who are under the supervision of school representatives or their parents. We have further requested that the identity of trouble makers be obtained when misconduct occurs so these persons can be identified to their schools. We have made it clear to the motel proprietors that registering students who are not under the supervision of the school is the responsibility of the proprietor and students' parents. We believe our instructions to the motels and the procedures recommended are in the best interest of our schools.

We would further like to request that all schools, which qualify teams for any of our state tournament games take the following steps: (1) establish appropriate conduct policies and inform students who will be attending the tournament and staying overnight of these policies, (2) that students and parents be informed that because of damaging the image for their schools and the interscholastic program, motel and hotel proprietors provide to this office the names and addresses of individuals creating problems for them during overnight stays for MSHSAA events, (3) that you make it clear to parents that your school will not assume any responsibility for students staying overnight in hotels or motels who are not under your supervision and (4) that your student body be informed that the misconduct of a few students damages the image of the school and therefore should be a matter of concern for all students.

Your cooperation is requested.

“The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.”