

2021 MSWAC Track Meet

Location: Gary Cornelsen Sports Complex/Redskin Field, Liberal High School, 1611 W. Second St. Liberal KS 67901

To: CMS, DCMS, EMS, HG, KH, GB, HMS, SRMS

Date/Time: Saturday, May 8, 2021; 10:00 AM

Parking: Buses may park in the lot east of Redskin Field, by the former West Middle School Football field. All participants/fans will enter on the west side of the stadium. Team entrance will be marked and open until 10 AM. East gate entrance not available.

Entries: Complete online on Milesplit by Friday, May 7, at 6:00 PM. No additions after that time will be allowed.

Awards: Individual awards will be given to 1st-3rd place finishers in all events, including relays.

Locker

Rooms: Not available; we ask that your athletes come dressed to participate. Bathrooms will be available.

Schedule of Events:

9:00 AM- Worker's Meeting (Marcus)

9:30 AM- Coaches'/Scratch Meeting (Z)

9:30 AM- General Admission Gates open \$5 adults, \$3 students

10:00 AM- Field events open

10:30 AM- 3200M starts (8th grade only - boys and girls together) *all runners in one heat*

11:45 AM- Running Track events open

Admission: League Admission (\$5 adults, \$3 students)

Entry Fee: \$100 – per league school

Inclement

Weather: In the event of severe weather, all spectators, competitors, coaches and workers must evacuate Redskin Field. The High School Gym will be open and available for shelter and safety.

Concession

Stand: Concession Stand will be on the west side of the stadium

Hospitality: Will be available for all coaches, workers, bus drivers, and administrators. Hospitality Room will be located in the Visitor (East) Concession stand. Compliments of Big Bites!

Track Conditions:

- Running Surface – Polyurethane surface with 8 lanes – ¼ inch spikes will be allowed
- Runways – Pole Vault, Long Jump, Triple Jump and High Jump are polyurethane surface. Same spike rule applies. Jump runways will also be labeled with jump order. Runners will not be allowed to run backwards on the runway, per the new KSHSAA rule (6.2.6)
- Throwing Rings – Discus and Shot put rings are concrete; rings are labeled with gender/grade. Competition shots are provided and must be used by all league schools.

General Information:

Make all running changes at the scratch meeting. Scratch field events at the place of that event. Each team may enter 3 athletes in each event, and 1 relay team. Per KSHSAA guidelines, individual athletes will be limited to 4 events per day (no more than 2 can exceed 800M in distance).

- *No additions will be allowed – only substitutions.*
- There will be one division of 7th Boys, 8th Boys, 7th Girls, and 8th Girls.
- Provide Pole Vault Verification Forms at scratch meeting.
- Teams can sit in grandstand on either side of stadium
- No sunflower seeds on the premises; please clean your area and bus area before exiting event.
- *Infield is limited to workers and staged racers only; no teams.*
- Appeals will be brought to meet Marshal
- Medals will be bagged and may be picked up by the coaches following the meet.
- Official results will be emailed to Activities Directors.
- Concerns should be brought to the Meet Directors (Dolen/Schneider).

Race Details:

- All places will be determined by time. No prelims, only finals. Enter best times, fastest runner first.
- Field events will have three throws and three jumps. **NO FINALS.**
- Hip numbers will be available at the Visitor (East) Concession Stand.
- Pole vault and high jump starting heights listed below:

High Jump

7th Girls, starting height at 3'10"

8th Girls, starting height at 4'0"

7th Boys, starting height at 4' 4"

8th Boys, starting height at 4'6"

Pole Vault

7th Girls, starting height 5'6"

8th Girls, starting height 5'6"

7th Boys, starting height 6'6"

8th Boys, starting height 7'0"

10:00 AM Field Events: Triple Jump, Long Jump, Shot, Disc, Pole Vault, High jump.

Staggered order of events:

Shot: 8th grade, then 7th grade

Disc: 7th grade, then 8th grade

High Jump: 8th grade, then 7th grade

Pole Vault: 7th boys, 8th boys, 7th girls, 8th girls

Long Jump: 7th grade, then 8th grade

Triple Jump: 8th grade, 7th grade

**Vertical Jumps take Priority
over Horizontal Jumps!**

**If double entered,
please check in at Horizontal Event first and then
report to Vertical Jump Area.**

11:45 AM – Approximate time for Running Events: (standard order of running events will be 7th girls, 8th girls, 7th boys, 8th boys)

10:30 AM- 3200M starts (8th grade only - boys/girls combined) *all runners in one heat*

4 x 800 m Relay

100m Low hurdles - (10 30" hurdles; 13.0 meters to the first hurdle, 8.5 meters between hurdles, and 10.5 meters to the finish line.)

100 m Dash

1600 m Run (*one heat of each division)

4 x 100 m Relay (400m)

400 m Dash

4 x 200 m Relay (800m)

800 m Run (*one heat of each division)

200 m hurdles (5 hurdles, 1st hurdle 50 meters from the start; USA Track and Field Rules)