

## **2018 Class 3 District 8 Track & Field Championships**

Richmond High School

451 South Street; Richmond, MO 64085

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From: Mike Long, Head Track and Field Coach  
Ron Dunham, Athletic Director

The coaching staff and administration of Richmond High School are very excited to be the host school for the 2018 Class 3 District 8 Track & Field Championships. We look forward to seeing the athletes and coaches from the twelve teams which have been assigned to our district. In the past, our district track meet has showcased some of the most outstanding athletes in Missouri track and field, and this year looks to be no different. May 12<sup>th</sup> should be an exciting day at Spartan Stadium as athletes compete for the chance to move on to the Sectional Meet on May 19<sup>th</sup> at Odessa High School.

### Competing Schools:

Cameron, Central Academy of Excellence, Chillicothe, Cristo Rey, Hogan Prep Academy Charter, Lawson, Lincoln College Prep, Maryville, Pembroke Hill, Richmond, St. Pius X (Kansas City), Trenton

Coaches' meeting will begin promptly at 9:00 a.m. in the high school gymnasium. Coaches can access the building by entering through the east gym doors at the front of the building.

Field events will begin at 10:00 and running Prelims will start at 11:00. Each school may enter 1 relay team and 2 athletes in the running, throwing, and jumping events. The order and time between events will follow what has been established by MSHSAA.

More information can be found at:

MSHSAA website at: <http://www.mshsaa.org/Activities/Info/TrackField.aspx> or the

TRXC website: [http://www.trxctiming.com/MSHSAA/2018\\_TF/Districts/class\\_3.htm](http://www.trxctiming.com/MSHSAA/2018_TF/Districts/class_3.htm)

Entries are due to TRXC by **Monday, May 7, 2018 at 4:00 p.m.**

Changes in entries can be made until **Wednesday, May 11, 2018 at 4:00 p.m.**

District Pass Lists are due by **Monday, May 9, 2018 at 4:00 p.m.** and can be faxed to (816) 776-8748.

Hope your season has been successful so far. We will see you and your teams on **Saturday, May 12<sup>th</sup>.**

Sincerely,  
Mike Long  
Ron Dunham

## **Class 3 District 8 Track & Field Championships**

### **Meet Assignments**

#### **GAMES COMMITTEE & DISTRICT JURY OF APPEALS:**

Phil Willard	Mike Long	Bill Shaffer	Jerod Smith	Joseph Jefferson
Head Referee	Richmond	Chillicothe	Lawson	K.C. Central Academy

#### **TIMERS/PICKERS:**

We will be using Black Squirrel timing as the official timing system, they will be using FinishLynx. We will not need any back up timers.

#### **FIELD EVENTS:**

You must provide a coach for the event you have been assigned. Clip boards, tape measurers, rakes, event sheets, and other materials will be provided. If possible, please bring a manager to assist you with the event.

#### Girls:

Shot Put – Richmond  
Discus – William Jewell College  
Javelin – William Jewell College/Richmond  
High Jump – Cameron  
Triple Jump – Pembroke Hill  
Long Jump – Trenton  
Pole Vault – Chillicothe

#### Boys:

Shot Put – Richmond  
Discus – William Jewell College  
Javelin – William Jewell College  
High Jump – Maryville  
Triple Jump – Richmond  
Long Jump – St. Pius  
Pole Vault – Chillicothe

#### **RELAY EXCHANGE JUDGES (2 COACHES FROM EACH SCHOOL):**

4X100 Exchange 1: Central Academy/St. Pius  
4x100 Exchange 2: Hogan Prep/Chillicothe  
4x100 Exchange 3: Lawson/Lincoln Prep  
4x200 Exchange 1/3: Cristo Rey/Maryville  
4x200 Exchange 2: Richmond/Meet Officials  
Break-in-Line: Richmond

#### Exchange Zone Markings

4x100 – Yellow Triangles  
4x200 – Zone 1: Green, Zone 2: Green, Zone 3: Yellow  
4x400 & 4x800 – Blue Triangles and Dashed Blue Lines

# CLASS 3 DISTRICT 8 MEET SCHEDULE

## 9:00 Coaches Meeting

### Field Events

Notes: Field Events will be conducted by class and gender.

District throws and horizontal jumps: 3 prelim throws and jumps, 3 final throws and jumps, 9 to finals

Starting heights for high jump and pole vault will be determined by the games committee.

#### 10:00 a.m.

Boys High Jump  
Girls Shot Put  
Boys Long Jump  
Girls Pole Vault  
Boys Discus  
Girls Triple Jump

#### 12:00 p.m.

Girls High Jump  
Girls Long Jump  
Girls Long Jump  
Boys Pole Vault  
Girls Discus  
Boys Triple Jump

#### 1:00 p.m.

Boys Javelin

#### 2:00

Girls Javelin

### Preliminary Running Events – Beginning at 11:00

10:15	Boys	110 meter hurdles	Prelims
10:25	Girls	100 meter hurdles	Prelims
10:35	Boys	100 meter dash	Prelims
10:45	Girls	100 meter dash	Prelims
10:55	Boys	4x800 meter relay	Final Box Alley
11:10	Girls	4x800 meter relay	Final Box Alley
11:25	Boys	200 meter dash	Prelims
11:30	Girls	200 meter dash	Prelims

### Finals – Beginning at 12:00

12:00	Boys	110 meter hurdles
12:05	Girls	100 meter hurdles
12:10	Boys	100 meter dash
12:15	Girls	100 meter dash
12:20	Boys	4 x 200 meter relay
12:30	Girls	4 x 200 meter relay
12:40	Boys	1600 meter run
12:50	Girls	1600 meter run
12:55	Boys	4 x 100 meter relay
1:05	Girls	4 x 100 meter relay
1:15	Boys	400 meter dash
1:25	Girls	400 meter dash
1:40	Boys	300 meter hurdles
1:55	Girls	300 meter hurdles
2:10	Boys	800 meter run
2:25	Girls	800 meter run
2:40	Boys	200 meter dash
2:45	Girls	200 meter dash
2:50	Boys	3200 meter run
3:05	Girls	3200 meter run
3:20	Boys	4 x 400 meter relay
3:30	Girls	4 x 400 meter relay

### **Class 3 District 8 Track & Field Championship Information Sheet**

1. Entry Due Date: **Must be received by TRXC by Monday May 7<sup>th</sup>, 4:00 pm.**
2. Deadline for finalizing entries: **Wednesday, May 9<sup>th</sup>, 4:00 pm.** Both substitutions and scratches can be made up to this time, however, no additions to events shall be allowed. See the MSHSAA Track & Field Manual.
3. District pass lists are due to Richmond by Monday May 9<sup>th</sup> and may be emailed to Ron Dunham, AD at [rdunham@richmond.k12.mo.us](mailto:rdunham@richmond.k12.mo.us)
4. Admission: The admission price will be \$5.00 beginning with age 6. **NO PASSES ALLOWED!** Pass gate will be located at the front entrance.
5. Location: Spartan Stadium - Richmond High School, 451 E. South Street; Richmond, MO 64085
6. Date/Start Time: Saturday May 12<sup>th</sup>. Field events start at 10:00 am. Prelims start at 11:00.
7. Coaches Meeting: 10:00 am in the high school gym. Coaches must attend or be represented.
8. Number of Participants: Two (2) athletes from each school are allowed to be entered in each event. Additional entries must all have met the qualifying standards and must be submitted to the MSHSAA offices for verification. Only one (1) relay team is allowed per school.
9. Spikes: Use 1/8" spikes on the track and runways. Chalk, halved tennis balls, or similar removable objects may be used to mark the track.
10. Scoring: 10-8-6-5-4-3-2-1 in all events. First four (4) place winners in each event advance to the Sectional Track Meet at Odessa High School on Saturday, May 19<sup>th</sup>, 2018.
11. Awards: Plaques will be awarded to the first and second place teams. Medals will be awarded to the first four place winners in each event.
12. Bull Pen: Will be located at the north end of the track. Silver benches will be available.
13. Field Events: Pole Vault, Long Jump (South runway), Triple Jump (North runway) & High Jump are located in the stadium. Shot Put, Discus, and Javelin will be located to the east of the stadium.
14. Weigh-ins: Shot put, Discus, and Javelins will be weighed in the Multi-purpose building on the tennis court side.
15. Warm-up: Please use the football field. If athletes wish to practice relay exchanges on the track, this must be done at the conclusion of the prelims and before the finals commence.
16. Lockers: No lockers available.
17. Restrooms: Located to the north side of the concession stand.
18. Team Camps: Grass area to the west and north of the track.
19. Reminder: Coaches and athletes are not near the start-finish line or the infield unless they are assigned or participating. Athletes who have finished competing and are not warming-up must be out of the track and infield area. **Coaches' boxes will be clearly marked and will be for coaches only.**
20. Trainers: HCA Midwest Health – Centerpoint Medical Center.