

**Class 3 District 8/Class 4 District 8**  
**Track & Field Championships – May 11, 2019**

Chillicothe High School  
2801 Hornet Drive      Chillicothe, MO 64601  
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From: Bill Shaffer, Head Boys Track & Field Coach, (660) 752-5078  
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The coaching staff and administration of Chillicothe High School are very excited to be the host school for the 2019 Track & Field District Championships for Class 3 District 8 and Class 4 District 8. We look forward to seeing the athletes and coaches from the teams in our area. Competing athletes will have the chance to move on to the Double Sectional Meet on May 18<sup>th</sup> at Odessa High School.

Competing Schools:

Class 3 District 8: Cameron, Central Academy of Excellence, Chillicothe, Cristo Rey, Ewing Marion Kauffman Charter, Hogan Prep Academy Charter, Lawson, Maryville, Pembroke Hill, Richmond, St. Pius X (Kansas City), Trenton

Class 4 District 8: Benton, East (Kansas City), Excelsior Springs, Kearney, Lafayette (St. Joseph), Lincoln College Prep, Northeast (Kansas City), Platte County, Savannah, Smithville, Van Horn, Winnetonka

Coaches' meeting will begin promptly at 8:00 a.m. in the high school commons. Coaches can access the building by entering the front doors at the circle drive or may use the northeast doors next to the maintenance and cafeteria staff parking lot.

Field events will begin at 9:00 and running events 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.

**District Deadlines:** The District Meet entry deadline is **4:00 p.m.** on the **Monday, May 6, 2019.** Coaches may manage their entries until **4:00 p.m.** on **Wednesday, May 8, 2019.**

Please review the MSHSAA manual as some items have changed from last year.  
<https://www.mshsaa.org/resources/pdf/2019TFManual.pdf>

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

TRXC website: [http://trxctiming.com/MSHSAA/2019\\_TF/Districts/class\\_3.htm](http://trxctiming.com/MSHSAA/2019_TF/Districts/class_3.htm)  
[http://trxctiming.com/MSHSAA/2019\\_TF/Districts/class\\_4.htm](http://trxctiming.com/MSHSAA/2019_TF/Districts/class_4.htm)

## **Class 3 District 8/Class 4 District 8 Track & Field Championships** **Information Sheet**

1. Please read the MSHSAA Track & Field Manual for information regarding entries, scratches, and substitutions.
2. Deadline for finalizing entries: **Wednesday, May 8<sup>th</sup>, 4:00 p.m.** See MSHSAA Track & Field Manual.
3. Site: Jerry Litton Memorial Stadium, Chillicothe High School, 2801 Hornet Drive, Chillicothe, MO 64601
4. Times: Coaches' Meeting at 8:00 a.m. Field events start at 9:00 a.m. Prelims start at 11:00 a.m.
5. 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.
6. Spikes and marks: Use 3/16" pyramid spikes (no needle nose) on the track and jumping/vaulting runways. Flats should be used for the Shot Put and Discus. Javelin will be contested using a rubber surface runway with a 1/8" spike limit. Marks should be made with chalk, halved tennis balls, or similar removable objects. **NO TAPE.**
7. 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.
8. 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.
9. Bull Pen: Will be located on the football field near the 30 yard line to the south. Red benches will be available.
10. Field Events: Pole Vault, Long Jump, Triple Jump, Shot Put, Javelin, and Discus will be contested in our field event area to the east of the track. We have multiple runways available and should be able to run the pole vault and horizontal jumps with a positive wind. High Jump is in the north end of the stadium.
11. Implements for Shot Put, Discus, and Javelin will be weighed and measured approximately one hour before throwing begins. Illegal implements will be impounded and returned at the conclusion of all throwing.
12. 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.
13. Lockers Rooms/Restrooms: No locker rooms. Restrooms are located to the north of the concession stand.
14. Team Camps: **WEST OF THE STADIUM ONLY.** No tents or camps will be allowed inside the fenced area or in the grass area south of the track.
15. Reminder: Coaches and athletes are not to be 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. SPECTATORS AND PARENTS MUST BE IN THE STANDS OR DESIGNATED VIEWING AREAS.**
16. Trainers: We will have trainers on site for injuries and other medical situations only. Coaches will need to care for their respective athletes for pre-race needs like taping ankles, etc.

**Class 3 District 8/Class 4 District 8 Track & Field Championships**  
**Meet Assignments**

**MEET OFFICIALS:** Dave Shaw, Phil Willard, Gary Hinton

**GAMES COMMITTEE/JURY OF APPEALS:**

Dave Shaw	Karen Jackson	McCay Tuttle	Joseph Jefferson	Bradley Hankins
Head Referee	Chillicothe	Pembroke Hill	East (Kansas City)	Benton

**FIELD EVENTS:**

You must provide two (2) coaches for the event you have been assigned. Clip boards, tape measurers, rakes, event sheets, and other materials will be provided. Please bring a manager to assist you with your event.

**Girls:**

Shot Put:	C3 – Benton	C4 – Richmond
Discus:	C3 – Excelsior Springs	C4 – St. Pius X (Kansas City)
Javelin:	C3 – Chillicothe	C4 – Chillicothe
High Jump:	C3 – Smithville	C4 – Lawson
Triple Jump:	C3 – Northeast (Kansas City)	C4 – Pembroke Hill
Long Jump:	C3 – Lincoln College Prep	C4 – Ewing Marion Kauffman Charter
Pole Vault:	C3 – Kearney	C4 – Chillicothe

**Boys:**

Shot Put:	C3 – Van Horn	C4 – Maryville
Discus:	C3 – Savannah	C4 – Hogan Prep Academy Charter
Javelin:	C3 – Chillicothe	C4 – Chillicothe
High Jump:	C3 – Lafayette	C4 – Cameron
Triple Jump:	C3 – Winnetonka	C4 – Trenton
Long Jump:	C3 – East (Kansas City)	C4 – Central Academy of Excellence
Pole Vault:	C3 – Platte County	C4 – Chillicothe

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

4X100 Exchange 1:	Cristo Rey/Kearney
4x100 Exchange 2:	Lawson/Platte County
4x100 Exchange 3:	Smithville/Trenton
4x200 Exchange 1/3:	Excelsior Springs/Lafayette/Richmond/St. Pius X
4x200 Exchange 2:	Chillicothe/Meet Officials
Break-in-Line:	Chillicothe

**Exchange Zone Markings**

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

**HURDLE JUDGES:** Games Committee/Meet Officials

**TIMERS/PICKERS:**

We will be using FinishLynx as the official timing system. In the event the primary timing system is not working, we will need coaches from these schools to serve as backup timers/pickers during the following time periods:

100m High Hurdle Prelims – 4x800 Meter Relay (C4) (Approximately 11:00 – 1:15)

- 1<sup>st</sup> Place – Chillicothe
- 2<sup>nd</sup> Place – Smithville
- 3<sup>rd</sup> Place – Central Academy of Excellence
- 4<sup>th</sup> Place – Excelsior Springs
- 5<sup>th</sup> Place – Benton
- 6<sup>th</sup> Place – Pembroke Hill
- 7<sup>th</sup> Place – East (Kansas City)
- 8<sup>th</sup> Place – Cristo Rey

100m High Hurdles Finals – 400 Meter Dash (Approximately 1:20 – 3:45)

- 1<sup>st</sup> Place – Lawson
- 2<sup>nd</sup> Place – Lincoln College Prep
- 3<sup>rd</sup> Place – Hogan Prep Academy Charter
- 4<sup>th</sup> Place – Maryville
- 5<sup>th</sup> Place – Lafayette (St. Joseph)
- 6<sup>th</sup> Place – Ewing Marion Kauffman Charter
- 7<sup>th</sup> Place – Platte County
- 8<sup>th</sup> Place – Northeast (Kansas City)

300m Hurdles – 4x400 Meter Relay (Approximately 3:45- 6:15)

- 1<sup>st</sup> Place – St. Pius X (Kansas City)
- 2<sup>nd</sup> Place – Kearney
- 3<sup>rd</sup> Place – Richmond
- 4<sup>th</sup> Place – Savannah
- 5<sup>th</sup> Place – Van Horn
- 6<sup>th</sup> Place – Cameron
- 7<sup>th</sup> Place – Trenton
- 8<sup>th</sup> Place – Winnetonka

## MSHSAA Track and Field - Class 3 District 8/Class 4 District 8 Time Schedule

Coaches meeting: 8:00 a.m.

**Field Events:** Finals to follow Preliminaries (3 prelim throws/jumps) Top 9 to finals

**Pole Vault:** Only this schedule will ROLL with a 30 minute warm-up between events.

9:00 - 11:00 a.m.	11:30 a.m. - 1:30 p.m.	2:00 - 4:00 p.m.	4:30 - 6:30 p.m.
Girls Pole Vault (C3)	Girls Pole Vault (C4)	Boys Pole Vault (C3)	Boys Pole Vault (C4)

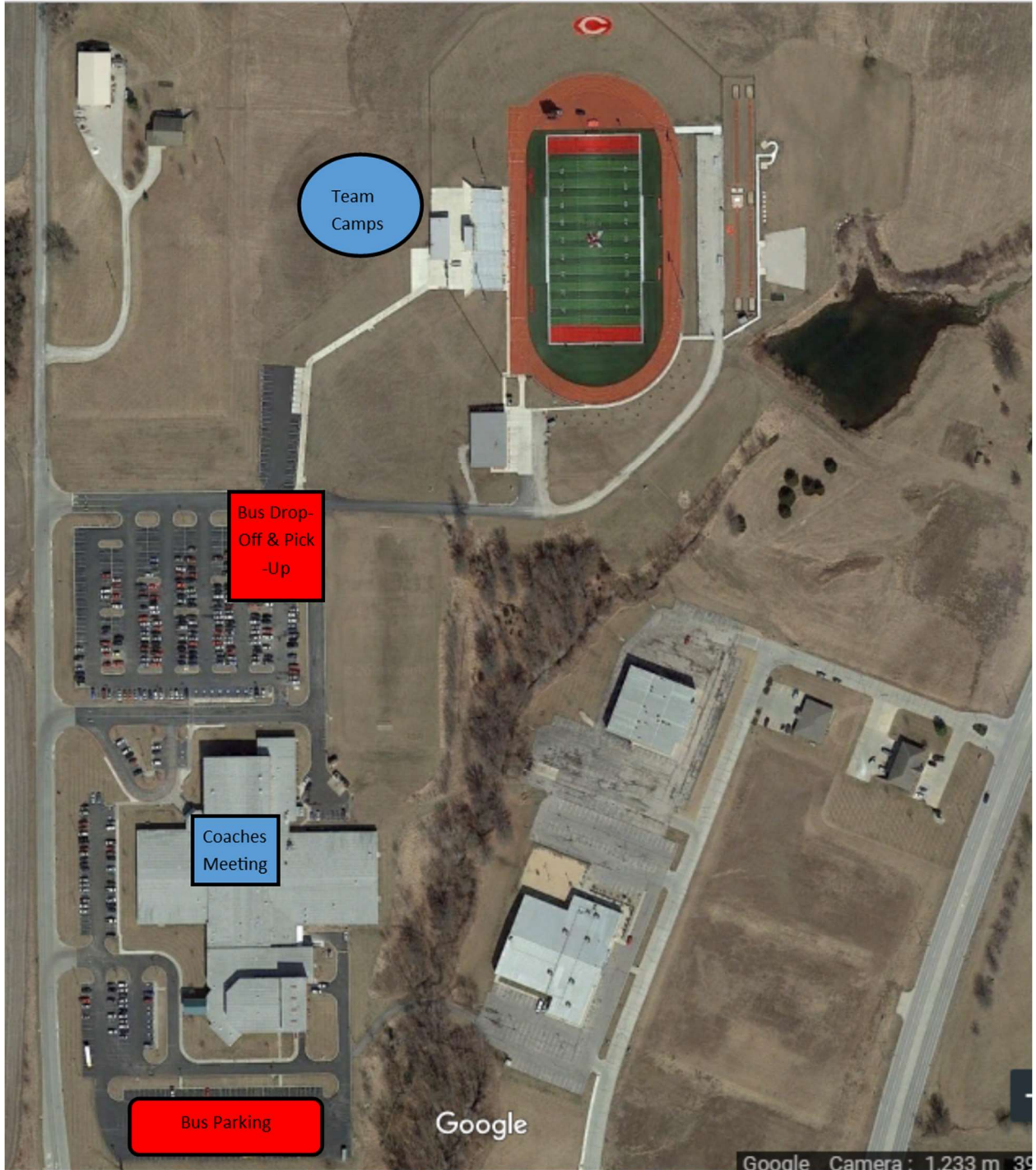
9:30 - 11:00 a.m.	11:30 a.m. - 1:00 p.m.	1:30 - 3:00 p.m.	3:30 - 5:00 p.m.
Boys High Jump (C4)	Boys High Jump (C3)	Girls High Jump (C4)	Girls High Jump (C3)
Girls Long Jump (C4)	Girls Long Jump (C3)	Boys Long Jump (C4)	Boys Long Jump (C3)
Boys Triple Jump (C3)	Boys Triple Jump (C4)	Girls Triple Jump (C3)	Girls Triple Jump (C4)
Girls Shot Put (C3)	Girls Shot Put (C4)	Boys Shot Put (C3)	Boys Shot Put (C4)
Boys Discus (C4)	Boys Discus (C3)	Girls Discus (C4)	Girls Discus (C3)
Girls Javelin (C4)	Girls Javelin (C3)	Boys Javelin (C4)	Boys Javelin (C3)

### Preliminary Running Events (Class 3 followed by Class 4)

11:00	Girls	100 meter hurdles	Prelim
11:15	Boys	110 meter hurdles	Prelim
11:30	Girls	100 meter dash	Prelim
11:45	Boys	100 meter dash	Prelim
12:00	Girls	4x800 meter relay (C3)	Final Double Waterfall Start
12:12	Boys	4x800 meter relay (C3)	Final Double Waterfall Start
12:24	Girls	200 meter dash	Prelim
12:36	Boys	200 meter dash	Prelim
12:48	Girls	4x800 meter relay (C4)	Final Double Waterfall Start
1:00	Boys	4x800 meter relay (C4)	Final Double Waterfall Start

### Final Running Events (Class 3 followed by Class 4)

1:20	Girls	100 meter hurdles	Final
1:25	Boys	110 meter hurdles	Final
1:30	Girls	100 meter dash	Final
1:35	Boys	100 meter dash	Final
1:40	Girls	4x200 meter relay	(Heats vs. Time)
1:54	Boys	4x200 meter relay	(Heats vs. Time)
2:08	Girls	1600 meter run	Final Double Waterfall Start
2:28	Boys	1600 meter run	Final Double Waterfall Start
2:48	Girls	4x100 meter relay	(Heats vs. Time)
3:00	Boys	4x100 meter relay	(Heats vs. Time)
3:15	Girls	400 meter dash	(Heats vs. Time)
3:30	Boys	400 meter dash	(Heats vs. Time)
3:45	Girls	300 meter hurdles	(Heats vs. Time)
4:00	Boys	300 meter hurdles	(Heats vs. Time)
4:15	Girls	800 meter run	Final Double Waterfall Start
4:28	Boys	800 meter run	Final Double Waterfall Start
4:41	Girls	200 meter dash	Final
4:47	Boys	200 meter dash	Final
4:53	Girls	3200 meter run	Final Double Waterfall Start
5:20	Boys	3200 meter run	Final Double Waterfall Start
5:45	Girls	4x400 meter relay	3 turn stagger (Heats vs. Time)
6:05	Boys	4x400 meter relay	3 turn stagger (Heats vs. Time)



Team  
Camps

Bus Drop-  
Off & Pick  
-Up

Coaches  
Meeting

Bus Parking

Google

Google Camera: 1,233 m 39

