



Extraordinary Educational
Experiences

North Kansas City Schools



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2024 WINNETONKA INVITATIONAL

9th and 10th Grade Track

Thursday, March 21, 2024

3:00 p.m. Coaches Meeting / 3:45 p.m. Javelin and 4x800 Relay

Location:

The meet is held at the District Activities Complex Football Stadium / Track; with stadium style seating and restrooms. Located East of Staley High School; 2800 NE Shoal Creek Parkway; KCMO 64156

Entry Fee:

Entry fee is \$175 for single team / \$350.00 for both boys' and girls' teams.

Admission:

There will be a \$3.00 admission charge for spectators.

Participating Schools:

Richmond	Kearney	Park Hill South	Staley
Central – St. Joe	Liberty North	Platte County	Winnetonka
	Oak Park	Kaufman School	

Team Camp Areas:

We will utilize both home and visitor stands for team camps. Restrooms for both sides of the stadiums will be available. THE DAC stadium has plenty of space so team camps will not be assigned. It will be on a first come, first served basis.

Entries:

Teams are allowed **two (2) entries for individual events, one (1) team for relays.**

*Entries are done via mo.milesplit.com - - **Due by Tuesday, March 19; 5:00 p.m.**

Scoring:

10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 for all events

Awards:

Medals will be awarded to the top 6 individuals and top 3 relay teams.

Facility / Spikes:

The DAC Stadium has an 8 - lane MONDO track. Jumping surfaces are same. 1/8" spikes, pyramid style. Longer spikes will result in disqualification.

Tape:

No tape allowed on runways, track or jumping surfaces. Please use chalk or tennis balls.

Field Events:

Javelin, Shot Put, Discus, Long Jump and Triple Jump will receive 3 throws or jumps, no finals – due to time limitations and no lighting for shot, disc and javelin we will only measure the longest throw. Long and Triple Jump will be done

cafeteria style, with a 60 minute time limit. High Jump and Pole Vault will be “3 alive format”. Due to the mandated 4:00 pm start, we will only measure the longest javelin, shot or disc throw due to limited lights in those event areas.

How to Submit Meet Entries Online

Entries are to be done on mo.milesplit.com

Go to the CALENDAR feature on the website and you will find the Winnetonka 9th and 10th Grade meet on March 21.

The meet is now Open for entries and you may enter athletes and relays.

Please remember 2 individual events and 1 relay

Entries are DUE Tuesday March 19 by 5 pm

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Time Schedule

3:00 p.m.

Coaches Meeting

3:45 p.m.	Javelin and 4x8		
		Javelin Cafeteria Style	
Starting height:	Boys / Girls: 6' 0"	Girls Pole Vault, Boys to follow	
		Boys Triple Jump, Girls to follow	
Starting height:	Boys: 4 ' 8" / Girls 4' 0"	Boys High Jump, Girls to follow	
		Girls Long Jump, Boys to follow	
		Boys Discus, Girls to follow	
		Girls Shot Put, Boys to follow	
	Running Events Begin after 4x8	Rolling Schedule for Finals	
All races are finals		Boys and Girls 4 x 800	
		100 M Hurdles	Girls
<p>All athletes must report to the bullpen to receive heat and lane assignments. Bullpen is located at mid-field.</p> <p>4 x 1 and 4 x 2: after runners report, go to exchange zones.</p> <p>Boys and Girls 4 x 800 MAY be run together.</p> <p>3200 Boys & Girls MAY be run together.</p>	110 M Hurdles	Boys	
	100 M Dash	Girls / Boys	
	4 x 200 M Relay	Girls / Boys	
	1600 M Run	Girls / Boys	
	4 x 100 M Relay	Girls / Boys	
	400 M Dash	Girls / Boys	
	300 M Hurdles	Girls / Boys	
	800 M Run	Girls / Boys	
	200 M Dash	Girls / Boys	
	3200 M Run	Girls / Boys	
	4 x 400 M Relay	Girls / Boys	

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Meet Workers

Meet Director	DE Brown	Finish Line Judge:	Jason Callaway
Games Committee:	Central, WHS, PHS	Recorder:	
Bullpen Clerk:	Josh Callaway- Winnetonka	Scorer:	Buckman
Clerk of the Course:	DE Brown	Awards Steward:	Kat Hawes/C Walker
Time and Pick		Timers must be a coach	Please bring stop watches
1st place	Winnetonka	5th place	Winnetonka
2nd place	Winnetonka	6th place	Winnetonka
3rd place	Winnetonka	7th place	Winnetonka
4th place	Winnetonka	8th place	Winnetonka
Head Timer	Jason Callaway		
Runners:	Winnetonka Athletes	Hurdle Boss:	Winnetonka Athletes
Blocks:	Winnetonka Athletes	Hurdle Jockeys:	Winnetonka Athletes
Exchange Zone Judges	4 x 100		4 x 200
1st	Central	1st / 3rd	Winnetonka
2nd	PC	2nd	Lib North
3rd	Winnetonka		
Head Field Event Judge:	WINNETONKA	Javelin:	Winnetonka –Chamberlin
Shot Put Judge:	M Fluker, Winnetonka	Triple Jump Judge:	Winnetonka - Peterson
Assistants:	Winnetonka throwers	Assistants:	Winnetonka jumpers/throwers
Discus Judge:	McMiller	High Jump Judge:	PHS
Assistants:	Winnetonka throwers	Assistants:	Winnetonka jumpers
Long Jump Judge:	Winnetonka – Beamer	Pole Vault Judge:	Kearney
Assistants:	Winnetonka jumpers	Assistants:	Winnetonka vaulters