

# SM South Relays

**Date:** Monday - April 7, 2025

**Teams:** SM East, SM West, SM Northwest, SM North, SM South, St. Thomas Aquinas, Rockhurst (boys), Gardner Edgerton, Blue Valley, BV West, Olathe West, Olathe South, DeSoto, BV North, BV Southwest, Topeka West, Lincoln Prep (MO), Ewing & Marion Kauffman School (MO), and various individuals from other schools.

**Entry fee:** \$150 per team (\$300 for boys and girls team)

**Awards:** Medals will be awarded to the top three individuals and relay teams in each event. Team scoring will be done using the top 8 places (10-8-6-4-3-2-1).

**Entries:** All entries are to be done online through MileSplit Registration:

**You will need a PASSWORD: Will be sent to teams separately**

– follow directions on the following link:

[http://ks.milesplit.com/pages/Online\\_Meet\\_Reg\\_Instructions](http://ks.milesplit.com/pages/Online_Meet_Reg_Instructions)

-Meet entry link can be found on MileSplit Calendar with the meet.

<https://ks.milesplit.com/meets/652939-shawnee-mission-south-relays-2025>

-Entries must be submitted and declared by **Saturday April 5th @ 7:00 pm**

-Each school may enter 3 individuals or 1 relay in each event

NOTE: 4 runners may be entered in the 1600 if the following is met:

All 4 boys must have PR's under 5:00

All 4 girls must have PR's under 6:00

-Any individual running event changes must be made before 2:15 pm in timing tent

**-scratches only for the running events AFTER 3:00 pm.**

-All changes, including substitutions, for field events may be made at the event site prior to the start of the event

**Starters:** Brad Clark, Carl Owczarzak, & Dan Smith

**Admission Charge:** **NO ADMISSION CHARGE FOR THE MEET**

## Various Info:

1. This is a competitive VARSITY meet. Please enter athletes that are capable of competing at that level. Here is a link to last year's results to provide guidance: [2024 South Relays Results](#)
2. We will be using FAT in the running events using FinishLynx.
3. All running events will be **FINALS ONLY**. No prelims will be run for the sprint events. Heats will be seeded by submitted times with the fastest heat running last. PLEASE SUBMIT ACCURATE TIMES THAT HAVE BEEN RUN IN A MEET IN THE LAST YEAR.
4. All competitors will have 3 preliminary jumps or throws in the field events (except HJ & PV) with 9 competitors advancing to Finals (3 attempts)
5. Shot Put & Discus rings are concrete. The Javelin approach is a synthetic track surface.
  - a. only ¼" spikes or shorter allowed on the Javelin Runway. Athletes with longer spikes could be disqualified from the event.
6. We plan to have the Pole Vault contested on the football field on a raised runway. Only Coaches and athletes will be allowed on the football field during the meet. All spectators must be in the bleachers.

7. Suggested opening heights (Girls PV: 8'0") (Boys PV: 11'0")(Girls HJ: 4'6")(Boys HJ: 5'8"). These may be adjusted based upon the entry marks or based upon weather conditions.
8. A concession stand will be available and hosted by SM South Booster Club.
9. Coaches and event workers will be provided with a Boxed Lunch. Head coaches will need to get meal tickets from Coach Wannamaker prior to 2:30 PM. Lunches will be picked up at the Shed on the north end of the track after 5:00 PM. **YOU MUST HAVE A TICKET TO GET A LUNCH.** Head coaches should submit the number of tickets needed to Coach Wannamaker using this Lunch Survey.
10. Restrooms will be available at the south end of the stadium along with the concession stand
11. The SM South school facility will **NOT** be open to teams, please remind your teams to stay out of the locker rooms and school.
12. Results will be e-mailed to each coach after the meet. We will use MileSplit for Live Results during the meet. Results will also be available at [www.smstrack.org](http://www.smstrack.org) and MileSplit after the meet.

TEAM CAMP INFO: With the meet growing in size, there are some safety concerns with the number of people on the football field inside the track. Please adhere to these team camp policies this year.

- **ABSOLUTELY NO TEAM CAMPS ON THE TURF FIELD** inside the track. This area is only for athletes warming up
  - athletes camping out will be asked to move off of turf. If it becomes an issue, athletes could be disqualified from the rest of the meet.
  - Blankets and chairs should not be on the infield area during the track races
  - **COACHES NEED TO MONITOR THEIR OWN TEAMS!!**
- Team camps can be in the following locations:
  - In or under the **West** bleachers (back stretch of track)
  - on the upper fields to the east of the stadium
  - **NO** TEAM CAMPS IN THE EAST BLEACHERS (finish line side)
- Athletes AND coaches need to remain behind any barriers or flags.
- **NO COACHES** in the timing tent. See Coach Wannamaker with any concerns or questions.

For any additional information or assistance, please contact:

**J.J. Wannamaker – SM South Head Track & Field Coach**  
[sowannam@smsd.org](mailto:sowannam@smsd.org) (913) 530-1587



# SM SOUTH RELAYS - EVENT SCHEDULE

## RUNNING EVENTS: Finals Only (no prelims)

3:30	Girls	4x800 Relay
	Boys	4x800 Relay
	Girls	100m Hurdles
	Boys	110m Hurdles
	Girls	100m
	Boys	100m
	Girls	1600m
	Boys	1600m
	Girls	4x100 Relay
	Boys	4x100 Relay
	Girls	400m
	Boys	400m
	Girls	300m Hurdles
	Boys	300m Hurdles
	Girls	800m
	Boys	800m
	Girls	200m
	Boys	200m
	Girls	2 Mile
	Boys	2 Mile
	Girls	Mike Naster - 4x400 Relay
	Boys	Mike Naster - 4x400 Relay

\*We will run a rolling schedule

\*All running events are FINALS



## FIELD EVENTS:

\* FINALS ONLY - 4 Attempts in Throws and Horizontal Jumps

3:00	Boys	High Jump	(Girls to follow)
*3:00	Girls	Shot Put	(Boys to follow)
*3:00	Boys	Discus	(Girls to follow)
*3:00	Girls	Javelin	(Boys to follow)
*3:00	Boys	Long Jump	(Girls to follow) <i>East Runway</i>
*3:00	Girls	Triple Jump	(Boys to follow) <i>West Runway</i>
3:00	Girls	Pole Vault	(Boys to follow) <i>Raised runway on turf</i>