

2025 Kaysinger Conference Track Meet

- April 29th @ Smithton Sports Complex
- Starter - Don Bauml and Diane Steffee-Heeney
- All entries will be done on [Athletic.net](https://athletic.net) starting 2/21/2026 and no later than 4/28/2025 at 9:00 am.
- 8:30 - Coaches Meeting
- 9:00 - Field Events begin
- 10:00 - Running events begin
- Field Events - Discus, javelin, shot put, long jump and triple jump will get three attempts with no finals. High jumpers will receive three attempts at each height.
- The 2026 Kaysinger Conference Meet will not include the pole vault
- For both high school and junior high divisions, each school is allowed two entries for individual events and one entry for each relay.
- The top three individuals/teams per event will medal. Events will be scored 10-8-6-5-4-3-2-1 with the top team in each division receiving a plaque for overall
- Entry Fee is \$150 per school team. (HS Girls and Boys will be considered one team, and JH B&G a separate team), to help cover costs of timing, officials, and medals.

Each school must have a backup timer prepared to time in case

- Javelin will take place on our baseball outfield.
- All athletes will enter the track at the Southeast Gate (the beginning of the 100m Dash). That is where all races will be checked in at the starting location of the race with the clerk. All races will exit at the Northeast gate by the finish line. Smithton asks that competitors stay off the infield as much as possible. Schools may camp to the northeast of the track (by the Softball Field). There will be no locker rooms available, so athletes should come dressed to compete.
- Tiger Athletics United will be selling concessions during the meet
- The cost of entry for spectators is \$5 for adults, free for students (conference prices)
- We would like to honor all Kaysinger Track Seniors during the meet-- if you would like to participate, we will need lists of names from each school. They can be sent ahead of time to treecep@smithton.k12.mo.us

Smithton is honored to be able to host this meet. We appreciate any help each school can provide to make this meet the best it can be as our sport continues to grow in the Kaysinger Conference.

Duties: (please provide an adult to run the event--coach, administrator, etc-- and helpers to mark, rake)

- Javelin - Stover
- Discus - Smithton
- Shot Put - Sacred Heart, Windsor
- Triple Jump - Green Ridge, La Monte
- Long Jump - Cole Camp
- High Jump - Smithton, Northwest
- Exchange zones - Otterville, Windsor, Green Ridge, Northwest

Order of Running Events (Starts at 10:00)

- HSB, HSG- 4 X 800 (Smithton covers exchange and break line)
- HSB - 110 HH
- HSG - 100 HH
- JHB - 100 HH
- JHG - 100 LH
- HSB, HSG, JHB, JHG - 100
- HSB, HSG, JHB, JHG - 4 X 200 (Z1-Otterville, Z2-Windsor)
- HSB, HSG, JHB, JHG - 1600
- HSB, HSG, JHB, JHG - 4 X 100 (Z1-Cole Camp, Z2- Green Ridge, Z3- Northwest, Z4- Otterville)
- HSB, HSG, JHB, JHG - 400
- Lunch break and senior recognition
- HSB, HSG - 300 IH/LH
- HSB, HSG, JHB, JHG - 800
- HSB, HSG, JHB, JHG - 200
- HSB, HSG - 3200
- HSB, HSG, JHB, JHG - 4 X 400 (Smithton covers exchange zone)

Order of Field Events (Starts at 9:00)

- Javelin - All HS Cafeteria style (1 hour to finish)
- Discus - JHB, JHG, HSB, HSG
- Shot Put - JHG, JHB, HSG, HSB
- High Jump - HSB, HSG, JHB, JHG
- Long Jump - JHG, JHB, HSG, HSB
- Triple Jump - HSG, HSB, JHG, JHB

If you have any questions, contact Smithton Coach Zack Dyer (dyerz@smithton.k12.mo.us) or Smithton AD Patrick Treece (treecep@smithton.k12.mo.us).