



RUPPENTHAL MIDDLE SCHOOL

400 North Elm Street, Russell, Kansas 67665 • P: (785) 483-3174 • F: (785) 483-5386 • www.usd407.org

MCEL Track Meet - Ruppenthal Middle School

Tuesday, May 7, 2024 @ 10:00 a.m.

Participating Teams: All MCEL Schools

April 29th, 2024

Dear ADs/Coaches

Ruppenthal Middle school will be hosting the MCEL Track Meet on Tuesday May 7, 2024 beginning at 10:00 am. Coaches meeting will be held at 9:30 am in the small gym at Russell High School. **Scratches only, no additions or changes at that time.**

I. Event Schedule — see separate page.

- A. The time schedule will have field events beginning at 10:00 am. No prelims with three throws. Will mark and measure each throw.
- B. Prelims of the 200, 100, 100 M Hurdles will begin at 12:00. Running events will begin after the prelims beginning with the 3200.

II. Facilities

- A. The jump runways and track are an all-weather surface. Please use appropriate spikes. Triple, long jump, and pole vault runways are north of the track outside of the fence. High jump is on the north side of the football field inside the track.
- B. Discus and shot put areas are concrete. They are located north of the track outside the fence.
- C. Javelin runways are both grass, and located northwest of the track outside of the fence.
- D. Girls will compete in the east sectors, and boys in the west sectors for javelin, shot, disc, and triple/long jump.
- E. Please plan to dress at home as there will not be dressing facilities available.
- F. Rest rooms are located on the northeast corner of the track on the back side of the concession stand.
- G. Concessions will be available. There will be a hospitality room for Coaches, bus drivers, and administrators. This will be located in the small gym, the same location as the coaches meeting.
- H. Midwest Timing is the company timing the meet.
- I. Parking will be limited, we ask that once buses drop off athletes they park at Memorial Park Sports Complex on East 4th Street, Russell, Ks. At 3:30, buses can



RUPPENTHAL MIDDLE SCHOOL

400 North Elm Street, Russell, Kansas 67665 • P: (785) 483-3174 • F: (785) 483-5386 • www.usd407.org

move to the west parking lot of the high school. This will allow for more room for spectator parking.

- J. We ask that athletes stay off of the infield unless their race is coming up. Participants need to listen for when their events are called to get checked in before their race. We will not wait on athletes, if they miss their race they will be scratched.

III. Awards:

- A. Candy bar plaques will be given to the top three teams in each division
- B. Medals will be given for the top three places in each event.
- C. Scoring will be 10-8-6-4-2-1 in each event.

IV. Admission

- A. We will be charging admission to this year's meet. No passes will be accepted. \$6 for adults, \$5 for students. Team members, bus drivers, and administration will be admitted free of charge.

V. Starting Heights:

- A. High Jump: Boys 4'2" Girls 3'8"
- B. Pole Vault: 7th Boys 6' 8th Boys 7' 7th Girls 4'6" 8th Girls 5'

VI. Entris

- A. We will use Mile Split for online entries.
- B. Please visit the website ks.milesplit.com to enter athletes.
- C. There will be a division for 7th grade and 8th grade.
- D. Registration is open – Entries will close at 10:00pm on May 5, 2024. No additions or changes after that time, only scratches allowed.
- E. You may enter up to 3 athletes and one relay team in each event.

Please let me know if you have any questions.

Andrew Stueve, Activities Director, astueve@usd407.org, 785-288-2010