

# N.K.C. SCHOOL DISTRICT 7<sup>th</sup>/8<sup>TH</sup> GRADE TRACK AND FIELD MEET

**Monday, April 28**

**DAC- District Athletic Complex Track**

**4:00 pm**

## **Location**

DAC- District Athletic Complex. 2800 N.E. Shoal Creek Parkway, Kansas City MO, 64156.

## **Time**

3:30 pm – Coaches scratch meeting at the finish line. (Necessary?) (maybe have pizza delivered by then)

3:40 pm- Rules Committee will meet

3:45 pm - Field event judges meeting. Pick up entry sheet in the press box.

4:00 pm – All field events will start.

4:50 pm – 1<sup>st</sup> call for Girls 100m Hurdles, athletes begin getting their hip #.

5:00 pm- All running events will start.

## **Order of Events and Guidelines**

**Shot put-** Boys followed by Girls. 3 Throws allowed

**Discus-** Girls followed by Boys. 3 Throws allowed

**High Jump-** Girls will jump first, followed by Boys. (unless we have two high jump pits)

High jump - starting height for girls will be 1.2m graduations of 5cm up to 1.35m. 2.5cm graduations after 1.35

Starting height for boys will be 1.32m. Graduations of 5cm up to 1.52m. 2.5cm graduations after 1.52m

**Long Jump:** Girls followed by Boys – 3 jumps allowed

**Triple Jump -** Boys will jump first followed by girls - 3 jumps allowed

Approximate Running Event Times:	
<b>5 PM - Start</b>	<b>Order of Events:</b>
<b>5:00 PM</b>	<b>100 Meter Hurdles 30/33 inches - GIRLS/BOYS</b>
<b>5:08 PM</b>	<b>100 Meter Dash - GIRLS/BOYS</b>
<b>5:15 PM</b>	<b>800 Meter Relay (4X200) - GIRLS/BOYS</b>
<b>5:25 PM</b>	<b>1600 Meter Run - GIRLS/BOYS</b>
<b>5:45 PM</b>	<b>400 Meter Relay (4X100) - GIRLS/BOYS</b>
<b>5:52 PM</b>	<b>400 Meter Dash - GIRLS/BOYS</b>
<b>6:05 PM</b>	<b>800 Meter Dash - GIRLS/BOYS</b>
<b>6:15 PM</b>	<b>200 Meter Dash - GIRLS/BOYS</b>
<b>6:25 PM</b>	<b>1600 Meter Relay (4X400) - GIRLS/BOYS (D.Johnson at Breakline)</b>

1. Each participant may enter 4 events, 1 must be a field event. Schools may enter 1 relay team for each relay event. Each team is allowed 3 individuals per field event, and 2 in running events. There will be one heat for each running event. See schedule above.
2. **Only athletes that are participating in a specific event on the track or field will be permitted on the field. Headphones/earbuds/airpods are only permitted in the stands and not on the field of competition.** Athletes may not gather at the finish line. All spectators need to remain outside the fence in the bleacher area.

## **School in charge of events**

Meet Director – Bridget Van Ee

Starter - Andy Edgar

Announcer – Todd Osborne

Bullpen – David Maulsby/Amber Sheeley

Score table – Bridget Van Ee/Dara Wood

Discus – Maple Park

Shot Put – New Mark

Long Jump– Antioch

Triple Jump- New Mark

High Jump – Northgate

**Exchange Zone Officials:** Exchange zone 1 – Maple Park; Exchange zone 2 – New Mark; Exchange zone 3 – Northgate; Exchange zone 4 – Antioch

## **Rules Committee**

Antioch: Chad Bryant

Maple Park: David Maulsby

New Mark: Erin Limkemann

Northgate: Kasey Waterman

1. Each school needs to bring their own equipment to run off the field event they are in charge of, such as tape measure, markers, batons for relays, clipboards. Scoring sheets will be provided.
2. Review rules on officiating and scoring the field event that your school is responsible for to ensure equality and fairness to each competitor.
3. Please instruct your team to respect the port-a-pit in the high jump and pole vault area and all other facilities provided for us by the DAC.
4. Do not leave trash on the field. Please have your team clean up the track area at the conclusion of the meet. Deposit all trash in the trash cans.
5. **Meet entries due by 3:00 pm Friday, April 25 in MileSplit.**

## **Scoring**

### **Individual Events (Top 5 Medal)**

1<sup>st</sup> Place - 6 points

2<sup>nd</sup> Place - 4 points

3<sup>rd</sup> Place - 3 points

4<sup>th</sup> Place - 2 points

5<sup>th</sup> Place - 1 point

### **Relays (Top 3 Medal)**

1<sup>st</sup> Place - 6 points

2<sup>nd</sup> Place - 4 points

3<sup>rd</sup> Place - 2 points

### **Trophies**

Girls Team Champion

Boys Team Champion

\*Medals and Trophies may be picked up in the press box at the conclusion of the meet.

**Entry Fee:** No entry fee.

**Admission:** No Charge

**Concession stand:** Yes

