

1st Annual GKC Championship
Thursday May 8, 2025
Staley High School
2800 NE Shoal Creek Parkway, KCMO, 64156
4pm (Field Events) and 5pm (Running Events)

- **NKC AD's will enter Athletes and Seeding Times**

Time:

3:30 pm Mandatory Coaches Meeting near the Finish Line, including Field Event workers
Pick up Field score sheets/Walkie at EACH field event site/Return all to PressBox
4:00 pm All field events will begin.
5:00 pm All running events will begin.

Field Events begin at 4:00pm

Shot put- 3 attempts allowed

Girls (North Pit)- Boys (South Pit)

Discus- 3 attempts allowed

Girls (North Pit)- Boys (South Pit)

Long Jump- 3 attempts allowed

Cafeteria Style (South Pit)

Triple Jump- 3 attempts allowed

Cafeteria Style (North Pit)

High Jump- - 3 attempts allowed

Girls starting height 1.27m (East Pit) increments of 5cm
to 1.42m then followed by 2.5cm

Boys starting height 1.37m (West Pit) increments of 5cm
to 1.52m then followed by 2.5cm

Running Events begin at 5:00pm starting with Girls followed by Boys

100 Meter Hurdles

100 Meter Dash

800 Meter Relay (4x200)

1600 Meter Run

400 Meter Relay (4x100)

400 Meter Dash

800 Meter Run

200 Meter Dash

1600 Meter Relay (4x400)

Meet Format:

- There will be two heats in individual running events and 1 heat in relays.

Meet Conduct:

- **Team Camps:** Tents and team camps are allowed on the EAST bleachers and the area to the immediate North and South. Athletes and coaches may access the track through the Southeast Stadium gate. Please clean team camps before leaving. **NO TEAM CAMPS ARE ALLOWED IN THE HOME BLEACHERS (West side.)**

- **Track Access:** Track access will be strictly limited to those athletes that are competing and event workers. **NO Coaches on the infield unless you are running an event.**
 - All athletes should enter the track area using the Southeast gate. Athletes must be in uniform to access the track.
- **Spectators:** Spectators and athletes not competing are strictly prohibited from being inside the track. Please be proactive and share this information with your community.
- **Bullpen:** All athletes must check in at the BULLPEN table to receive a hip number. Must be worn on the RIGHT hip.

Admission: No charge for spectators

Concession Stand: There will be a concession stand available at the South end of track.

Restrooms: Available in the stadium

Locker Rooms: Not available

Hospitality: Tickets will be given to the head coach, during the coaches meeting, where coaches can then redeem for food at the concession stand. (Hotdog, chips, drink, and a candy bar.)

Athlete Drop Off: Please have buses enter the SOUTH entrance just past the Elementary school. Athletes should be dropped off in the parking lot behind the Visitor bleachers.

Bus Parking: Buses will park in the EAST lot behind the visitor bleachers.

Parking: DO NOT park on the streets surrounding the stadium. Cars will be towed.

Trainer: An Athletic Trainer will be available and located near the finish line.

Meet Work Assignments:

Meet Directors- Erin Limkemann and Kasey Waterman

Starter- Chris Rebello and Janel Rebello

Clerk- Kasey Waterman, David Maulsby, Erin Limkemann, Amber Sheeley

Score Table in Press Box- Bridget Van Ee and Dara Wood

Rules Committee- Head Coach from EACH school

Hip Table- Loriann Clayton-Bethard(NM), Cara Bosler, Taylor Pinedo, Charissa Peterson MP

West Gate Workers: Amira Taylor MP Laron TaylorMP

East Gate Workers: Joann Harper, Jourdan Martinez

Infield Workers: Crystal Rampy AMS, Abigail Sweeney NM

Exchange Zone Officials:

We need the same exchange zone judges for each relay.

Zone 1- Belton and Moreland Ridge

Zone 2- Heritage and Raytown

Zone 3- Bingham and Delta Woods

Breakline- Liberty and Ray Pec South

Field Event Responsibilities:

Boys High Jump:	Discovery/Smithville/Paul Kinder
Girls High Jump:	Pioneer Ridge/Lakeview/Moreland Ridge
Triple Jump:	South Valley/Plaza/Summit Lakes
Long Jump:	Kearney/Platte City/Pleasant Lea
Girls Shot Put followed by Boys:	Antioch/Platte Purchase/East Trails
Boys Discus followed by Girls:	Antioch/Northgate/Campbell

- All the necessary paper forms and clipboards for the field events will be provided. Each school needs to bring their own equipment to run off the field event they are running.
- Review rules on officiating and scoring the field event, to ensure equality and fairness to each competitor. All Throws must be marked in succession.
- 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 Staley HS.
- Please do not use any TAPE on any surfaces.

Scoring

Field and individual running events:

1st Place, 10 points (Medal)
2nd Place, 8 points (Medal)
3rd Place, 6 points (Medal)
4th Place, 5 points
5th Place, 4 points
6th Place, 3 points
7th Place, 2 points
8th Place, 1 point

Relays:

1st Place, 10 points (Medal)
2nd Place, 8 points (Medal)
3rd Place, 6 points (Medal)
4th Place, 5 points
5th Place, 4 points
6th Place, 3 points
7th Place, 2 points
8th Place, 1 point

Team trophies will be awarded to the top 3 schools.

Award Packets will be available following the conclusion of the meet in the pressbox.

Results can be found on MoMileSplit.

Entry Fee:

- \$10 per athlete, per event
- You will receive an invoice from the NKCS D school you need to pay
- It will be one of the North Kansas City Schools: Antioch, Maple Park, New Mark, Northgate
- \$150 max per school.



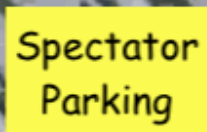
Shot Put



Discus

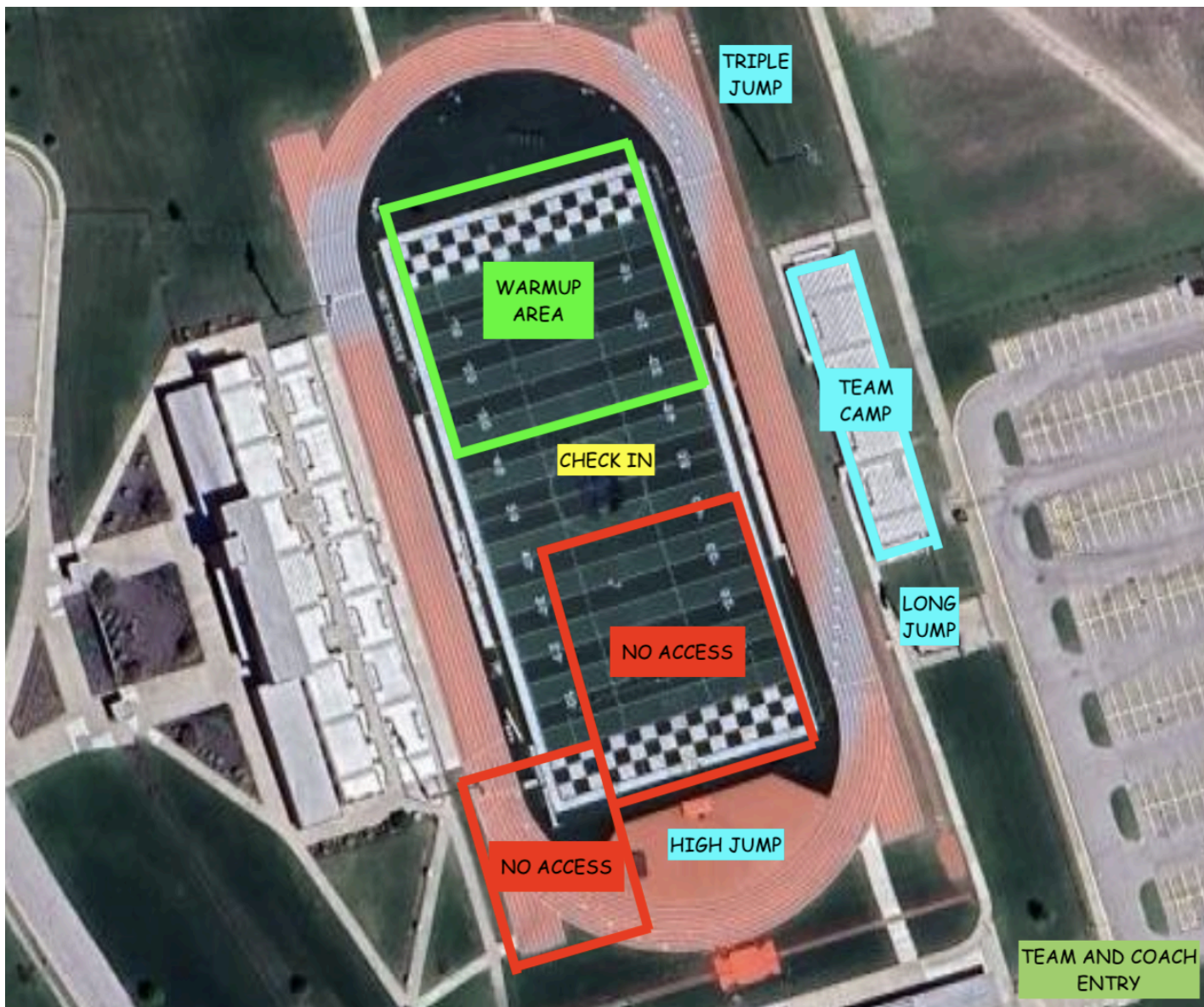


Bus Parking
and Overflow
Spectator
Parking



Spectator
Parking





TRIPLE
JUMP

WARMUP
AREA

CHECK IN

TEAM
CAMP

LONG
JUMP

NO ACCESS

HIGH JUMP

NO ACCESS

TEAM AND COACH
ENTRY