

KVL Track Championship

April 30, 2025 (Rain out date May 1)

@ GEHS Stadium 425 N Waverly Rd, Gardner, KS

The KVL league meet starts at 2:00 PM for Field Events and 3200M. All other Running events Begin @ Approx 3:00. Please arrive by 1:00 PM to get checked in and Head Coaches Meeting 1:15 under the south end of the home bleacher.

Please share this information with all coaches, athletes and families.

TIMING AND ENTRIES:

Entry link: invite has been sent to coaches - email Essexb@usd231.com with questions.

Entries due: 4/27 6:00pm

Scratches: Will be made at the coaches meeting no Additions

FIELD EVENTS

Each school representative should report to the Coaches Meeting to pick up the event sheets by 1:15 PM. ***Please make certain that you are at your designated event no later than 1:30 PM.*** Each school is responsible for bringing equipment such as tape measure, clipboard, pencil and helpers to assist with their field event. These helpers would be responsible for jobs such as crossbar setting, rakers, implement returners, etc.

Please flight Long jump and throws - top marks first flight.

7th Girls Long Jump NE Pit, 3 Attempts	Leavenworth Warren
8th Girls Long Jump SW Pit, 3 Attempts	Lexington
7th Boy Long Jump SE Pit, 3 Attempts	Piper
8th Boys Long Jump NW Pit, 3 Attempts	Mill Creek
Boys High Jump South Pit-- 8th Followed by 7th Start Height 2" lower than 7th place entry	Monticello
Girls High Jump North Pit-- 8th followed by 7th, Starting Height 2" lower than 7th place entry	Basehor-Linwood
Boy Discus West Ring 8B followed by 7th Boy-- 3 attempts, 50' minimum - West Ring	Pioneer
Girl Discus East Ring 8G followed by 7G-- 3 attempts, 40' minimum - East	WMS
Boy Shot Put South Ring 7B Followed by 8B -- 3 attempts, 20' minimum - South	Lansing
Girl Shot Put North Ring 7G Followed by 8G-- 3 attempts, 20' minimum - North	Turner
Pole Vault 8G 8B 7G 7B	TRMS
Relay Lane Assist (2 coaches at each exchange)	coach each team 4X1 (PRMS 1, WMS 2, TRms 3) Medley (PRMS1, WMS2, TRMS3)

KVL Track Championship

April 30th 2025

<u>Teams:</u>	Basehor-Linwood, Lansing, Leavenworth Warren, Lexington Trails, Mill Creek, Monticello Trails, Pioneer Ridge, Piper, Trail Ridge, Turner, Wheatridge
<u>Place:</u>	GEHS - 425 Waverly Rd
<u>Admission:</u>	NO PASSES Adults-\$5 Students-\$2 Seniors 60+ FREE CASH ONLY
<u>Time:</u>	Field events and the 3200 will start at 2:00 PM. All other Running events will start after 3:00.
<u>Registration:</u>	MileSplit by No adding or substitutions of athletes after deadline.
<u>Entry Fee:</u>	\$125 per school. Checks made payable to Trail Ridge Middle School
<u>Entries:</u>	Each athlete can have 4 events 2 participants from each team are allowed to enter in the running events. 3 participants from each team can enter in each field event 1 team per relay can be entered in the relays
<u>Medals:</u>	Medals will be awarded 1 st – 3 rd place in all events.
<u>Scoring:</u>	All events 10-8-6-4-3-2-1 (7 scoring). Team scores will be kept for each level. Grade level. Pick up envelopes in the press box at the end of the meet.
<u>Meal Tickets:</u>	Coaches can pick up their meal tickets at the coaches meeting.
<u>Other:</u>	1. Please clean your area upon leaving. 2. Concession stand will be open. 3. All food and drink should be kept off of the track and football field. 4. Athletes may warm up on the infield but not camp out. No spectators allowed on track or the football field.
<u>KVL Shirts:</u>	Will be available to purchase

KVL Track Invitational

April 30 2025

ORDER OF EVENTS AND EVENT INFORMATION

Each team may enter **1** relay team
Each team may enter **2** in each running events
Each team may enter **3** in field events
Each athlete may only have a total of **4** events.

ORDER OF EVENTS

Running order will be 7th girls, 7th boys, 8th girls, 8th boys

2:00

3200 run

100m hurdles (7G,7B,8G 30" - 8B 33")

100m dash

1600m run

4 x 100m relay

400m dash

800m run

200m dash

Medley Relay (100,100,200,400)

4 x 400m relay