

Congrats on qualifying for the Kansas State Track & Field meet, the largest state meet in the nation! You are going to love it!! The key to succeeding at state is to just stick with your normal routine & treat it like every other meet. Basically run/throw/jump with your best EFFORT & see what happens.

Don't just settle for qualifying, have a goal for state!

Here are the things you need to know as we start the week:

- Practice schedule for this week: Monday @ 3:00; Tuesday @ 3:00; Wednesday @ 3:00; Thursday @ 9:00AM.
- We will leave for Wichita at 11:30 Thursday Morning. We will feed you Lunch at 11:00AM right before we leave.
- We will be taking 2 transits & a bus to State for shuttling athletes in some of the early events as well as running errands.
- All meals will be paid for by Olathe North but you should bring some healthy snacks and also bring a little cash for random stuff. You may also want cash for any personal purchases you wish to make, such as state meet t-shirts, etc...
- Here is a link to the KSHSAA website with tons of state meet info including the schedule. PLEASE CHECK THIS OUT! It will answer most
 questions you might have about the meet itself. https://www.kshsaa.org/react/activity/tournament/info/track%20&%20Field/state/11/0
- Notify Coach Huseman in advance of any dietary restrictions you might have. We will eat Olive Garden/Texas Roadhouse/Outback Steakhouse for dinner on Thursday and Cheddars on Friday. Lunch on Friday and Saturday will be sandwiches from places like Jimmy Johns, Pita Pit, etc. Dinner on Saturday will be Chipolte.
- Hotel Information is the La Quinta Wichita Northeast; 2660 N Greenwich Rd, Wichita, KS 67226
- EVERY piece of clothing you bring should be Olathe North/Olathe North Track and Field
- No athlete is allowed to enter the room of athletes of the opposite gender for any reason whatsoever.
- Keep your voices down in the hotel and at restaurants. Basically, conduct yourselves like ladies and gentlemen at all times. You always do
 this, but it bears repeating.
- <u>Finally, and obviously, this trip is a competition not a vacation. Athletes are expected to represent Olathe North with style and class in everything we do. Anyone breaking Olathe North rules will be sent home at the parent's expense. This hasn't happened and I don't expect it ever will but I need to say it so you know.</u>
- That is everything I can think of as of right now. If you have any questions please don't hesitate to ask.

Here is the rough itinerary for state:

Thursday

9:00 AM – Practice for ALL athletes
11:00 AM – Lunch at ON
11:30 AM – Depart ON on Bus
2:30 PM – Arrive in Wichita/Hotel
3:00 PM – Team Meeting in Location TBA
7:00 PM – Depart for Dinner
10:00 PM – All athletes in their own rooms
11:00 PM – Lights/Phones/TV's off. Go to
Sleep

Friday 8:30 AM – All Athletes up and Downstairs for

Breakfast
11:45 AM – Transit 1 to Stadium
11:45 PM – Lunch at Hotel
12:30 PM – Transit 2 to Stadium
1:00 PM – Everyone left to Stadium on Bus
7:00-7:30 PM – Bus to Cheddars for Dinner
9:30 PM – Team Meeting
10:30 PM – Lights/TV/Phone off and Sleep

Saturday

6:30-8:00AM – Everyone Awake and eating Breakfast 6:30 AM – Transit 1a depart Cessna(drop off) 7:15 AM – Transit 1b depart for Cessna 8:30 AM – Transit 2 depart for Cessna 11:00 AM – Bus w/ everyone left to Cessna

Lunch Delivered to Stadium

8:00 PM (or later) All Vehicles depart for Olathe North

Rooming List

Room# Room # Room # 1. Avani Hocker Singh 1. Hamza Lamrani Huseman 2. Jaalan Watson 2. Elena Ginie 3. Saniyah Mosley 3. Adonis Larson Room # 4. Johnson Pride Room# Room# 1. Kate Figgins 1. Logan Walker Room # 2. Rhema Stemmons 2. Jackson Parker Howard 3. Layla Parker 3. Jayson Rush Smith 4. Cole Smither 4. Armoni Johnson Room # Room# Room# Mpwo 1. Jordyn Rias 1. Maizie Murray Hannon 2. Karsvn Hitchcock 2. Andrew Bloomer 3. Kendry Morgan 3. Owen Spilker Room # 4. Montgomery Morgan Metcalf Butler Room# Room# 1. Krysta Fletcher 1. Landon Batten Room# 2. Kayden Maney 2. Namir Franklin Hargrove 3. Waluwae Abate 3. Akobi Bruce Rogers 4. Kayden Freemon Room # Room# Loecker 1. Kendall Clark 2. Elizabeth Weinert Room # 3. Niah Blachly **Bus Driver** 4. Kennedy Tobaben Room #

Events/Athletes Qualified

Reese Pope
 Kennedy Graham

3. 4.

100m Dash - Kate Figgins, Logan Walker, Jaalan Watson

200m Dash - Kate Figgins, Jordyn Rias, Jayson Rush, Logan Walker

400m Dash - Rhema Stemmons

800m Dash – Niah Blachly, Karsyn Hitchcock

100/110m Hurdles – Armoni Johnson, Layla Parker, Jackson Parker

300m Hurdles - Saniyah Mosley, Akobi Bruce, Jackson Parker

4x100m Relay Girls – Saniyah Mosley, Krysta Fletcher, Kayden Maney, Kate Figgins (Alt: Waluwae Abate, Layla Parker)

4x100m Relay Boys – Jayson Rush, Logan Walker, Jackson Parker, Jaalan Watson (Alt: Akobi Bruce, Cole Smither)

4x400m Relay Girls – Rhema Stemmons, Kate Figgins, Kayden Freemon, Karsyn Hitchcock (Alt: Krysta Fletcher, Niah Blachly)

4x400m Relay Boys – Jayson Rush, Logan Walker, Jordyn Rias, Andrew Bloomer (Alt: Owen Spilker, Cole Smither)

4x800m Relay Girls - Niah Blachly, Karsyn Hitchcock, Kendry Morgan, Montgomery Morgan (Alt: Maizie Murray, Avani Hocker Singh)

Pole Vault - Elena Ginie

High Jump - Kendall Clark, Elizabeth Weinert, Cole Smither

Long Jump - Hamza Lamrani, Cole Smither, Jaalan Watson

Triple Jump -Reese Pope, Hamza Lamrani, Jaalan Watson

Shot Put – Kennedy Graham

Javelin - Kennedy Tobaben, Landon Batten

Discus - Namir Franklin

2025 Girls and Boys State Track & Field Meet Time Schedule

The time schedule is a guide. Should the meet sessions run ahead of schedule, it will continue to run ahead and no adjustments will be made. In the first session on Friday, Class 1A will compete first, followed by 2A and 3A. In the second session on Friday, Class 4A will compete first, followed by 5A and 6A. On Saturday, Class 1A will compete first followed by 2A, 3A, 4A, 5A, and finally 6A.

FIELD EVENT SCHEDULE

SESSION	<u>DAY</u>	<u>TIME</u>	<u>LJ</u>	ŢJ	<u>HJ-1</u>	<u>HJ-2</u>	<u>PV - N</u>	<u>PV - S</u>	<u>SHOT</u>	DISC	<u>JAV</u>
1	Fri.	8:00 a.m.	2A B	3A G	1A B	2A G	1A G	3A B	2A G	3A B	1A G
2	Fri.	9:45 a.m.	1A G	3A B					2A B	1A G	1A B
3	Fri.	11:30 a.m.	1A B	2A B	3A G	1A G	3A G	2A B	1A B	3A G	2A G
4	Fri.	1:15 p.m.	4A B	2A G					4A G	<mark>6A B</mark>	2A B
5	Fri.	3:00 p.m.	4A G	<mark>6A G</mark>	4A B	5A G	4A G	5A B	5A G	4AB	<mark>6A B</mark>
6	Fri.	4:45 p.m.	5A B	<mark>6A B</mark>					<mark>6A G</mark>	5A B	4A B
7	Fri.	6:30 p.m.	6A G	5A G	<mark>6A B</mark>	4A G	5A G	4A B	6A B	4A G	5A B
8	Sat.	8:00 a.m.	3A B	5A B	2A B	6A G	2A G	6A B	3A G	2A B	5A G
9	Sat.	9:45 a.m.	3A G	4A G					3A B	2A G	4A G
10	Sat.	11:30 a.m.	2A G	4A B	3A B	5A B	6A G	1A B	1A G	6A G	3A G
11	Sat.	1:15 p.m.	<mark>6A B</mark>	1A G					5A B	1A B	3A B
12	Sat.	3:00 p.m.	5A G	1A B					4A B	5A G	<mark>6A G</mark>
Athletes Competing		Hamza	Reese	Cole	Elizabeth	Elizoboth				Landon	
		Cole	Hamza		Cole		Elena		Kennedy	Franklin	Landon
			Jaalan	Jaalan		Kendall			•		Kennedy

RUNNING EVENT SCHEDULE - FRIDAY

6A Girls, 6A Boys

Finals (3200m Run)	1A, 2A, 3A
4A Girls, 4A Boys	7:45 a.m. – 8:05 a.m.
5A Girls, 5A Boys	8:05 a.m. – 8:25 a.m.

Preliminaries	1A, 2A, 3A	4A, 5A, 6	6A
Girls 100m Hurdles	9:00 a.m.	2:10 p.m.	 Layla, Armoni
Boys 110m Hurdles	9:20 a.m.	2:30 p.m.	Jackson
Girls 4 x 100m Relay	9:45 a.m.	2:55 p.m.	– SM, KM, KF, KF, WA
Boys 4 x 100m Relay	10:05 a.m.	3:15 p.m.	– JR, LW, JP, JW, AB
Girls 400m Dash	10:25 a.m.	3:35 p.m.	– Rhema
Boys 400m Dash	10:45 a.m.	3:55 p.m.	
Girls 300m Hurdles	11:10 a.m.	4:20 p.m.	– Saniyah
Boys 300m Hurdles	11:35 a.m.	<mark>4:45 p.m.</mark>	 Jackson, Akobi
Girls 200m Dash	12:05 p.m.	5:15 p.m.	– Kate
Boys 200m Dash	12:25 p.m.	5:35 p.m.	– Jaalan, Logan,
Jayson	·		-
Girls 4 x 400m Relay	12:45 p.m.	<mark>5:55 p.m.</mark>	- RS, KF, KF, KH, KF
Boys 4 x 400m Relay	1:15 p.m.	6:25 p.m.	– JR, LW, JR, AB, OS
Preliminaries End	1:40 p.m.	6:50 p.m.	

8:25 a.m. - 8:50 a.m.

Finals (3200m Run)	4A, 5A, 6A
1A Girls, 1A Boys	7:00 p.m. – 7:20 p.m.
2A Girls, 2A Boys	7:20 p.m. – 7:40 p.m.
3A Girls, 3A Boys	7:40 p.m. – 8:00 p.m.

RUNNING EVENT SCHEDULE - SATURDAY

Preliminaries	1A, 2A, 3A, 4A, 5A, 6A
Girls 100m Dash	8:30 a.m. – Kate
Boys 100m Dash	<mark>9:00 a.m.</mark> – Logan, Jaalan

Finals	1A, 2A, 3A, 4A, 5A, 6A
Girls 100m High Hurdles	9:30 a.m. – Layla, Armoni
Boys 110m High Hurdles	10:00 a.m. – Jackson
Girls 4 x 800m Relay	10:30 a.m. – NB, KH, KM, MM, MM
Boys 4 x 800m Relay	11:40 a.m.
Girls 100m Dash	12:45 p.m Kate
Boys 100m Dash	<mark>1:05 p.m.</mark> – Logan, Jaalan
Wheelchair 100m Dash	1:20 p.m.
Girls 1600m Run	1:25 p.m.
Boys 1600m Run	2:10 p.m.
Wheelchair 1600m	2:50 p.m.
HALL OF FAME INDUCTION	ON
Girls 4 x 100m Relay	3:00 p.m. – SM, KM, KF, KF, WA
Boys 4 x 100m Relay	<mark>3:20 p.m.</mark> – JR, LW, JP, JW, AB
Girls 400m Dash	3:45 p.m. – Rhema
Boys 400m Dash	4:05 p.m.
Wheelchair 400m Dash	4:17 p.m.
Girls 300m Hurdles	<mark>4:30 p.m.</mark> – Saniyah
Boys 300m Hurdles	<mark>4:50 p.m.</mark> – Jackson, Akobi
Girls 800m Run	<mark>5:10 p.m.</mark> – Niah, Karsyn
Boys 800m Run	5:35 p.m.
Girls 200m Dash	<mark>5:55 p.m.</mark> – Kate
Boys 200m Dash	6:15 p.m. – Jaalan, Logan, Jayson
Girls 4 x 400m Relay	6:35 p.m. – RS, KF, KF, KH, KF

Boys 4 x 400m Relay

7:00 p.m. – JR, LW, JR, AB, OS

2025 Olathe North State Track & Field Transportation Schedule

Day/Time	Vehicle	From	То	People
Wednesday				
6:00PM	Transit 1/Trailer	ON	La Quinta	
Thursday				
11:30AM	Transit 2	ON	La Quinta	
11:30AM	Bus	ON	La Quinta	All Kids
7:00PM	All Vehicles	La Quinta	Texas Roadhouse	Everyone
8:30PM	All Vehicles	Texas Roadhouse	La Quinta	Everyone
Friday				
11:45AM	Transit 1	La Quinta	Cessna	
12:30PM	Transit 2	La Quinta	Cessna	
1:00PM	Bus	La Quinta	Cessna	
7-8:00PM	Bus	Cessna	Cheddars	As soon as HJ is finished; All Kids and Coaches
7-8:00PM	Transit 1	Cessna	Cheddars	As soon as HJ is finished; All Kids and Coaches
8-8:30PM	Transit 2	Cessna	Cheddars	After Cole is finished cooling down; Pride, Smither
9:15PM	All Vehicles	Cheddars	La Quinta	
Saturday				
6:30AM	Transit 1 DROP OFF	La Quinta	Cessna	
7:15AM	Transit 1	La Quinta	Cessna	
8:30AM	Transit 2	La Quinta	Cessna	
11:00AM	Bus	La Quinta	Cessna	
8:00PM	All Vehicles	Cessna	Olathe	Stop at Braums in Emporia on the Way; Everyone

Addresses

- La Quinta Wichita Northeast; 2660 N Greenwich Rd, Wichita, KS 67226
- Cessna Stadium; 1845 E 21st St N, Wichita, KS 67260
- Texas Roadhouse; 2526 N Greenwich Rd, Wichita, KS 67226
- Olive Garden; 323 N Rock Rd, Wichita, KS 67206
- Cheddars Restaurant; 11711 E 13th St N, Wichita, KS 67206
- Braums in Emporia; 1028 W 6th Ave, Emporia, KS 66801