

MSHSAA Class 1 and 3, District 7 Track Meet

Date: Saturday May 4, 2024

Location: Holden High School – 1901 S. Main St., Holden, MO 64040

Time: Field Events – 8:30am
Running Events Begin – 10:00am

Entry Fee: \$6.00, Required for all spectators ages six (6) and up

We will accept cash or digital tickets at the gate

There are 2 gates available for entry: East Gate, West Gate

Gates Open: 8:00 AM

Live Results:

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FIELD EVENTS:

Pole Vault will ROLL with 30 a minute warm up between events

<u>8:30am-10:30am</u>	<u>11:00am-1:00pm</u>	<u>1:30pm-3:30pm</u>	<u>4:00pm-6:00pm</u>
Girls Class 3 Pole Vault	Girls Class 1 Pole Vault	Boys Class 3 Pole Vault	Boys Class 1 Pole Vault

<u>9:00am -10:30am</u>	<u>11:00am-12:30pm</u>	<u>1:00pm-2:30pm</u>	<u>3:00pm-4:30pm</u>
Boys Class 1 High Jump	Boys Class 3 High Jump	Girls Class 1 High Jump	Girls Class 3 High Jump
Girls Class 1 Long Jump	Girls Class 3 Long Jump	Boys Class 1 Long Jump	Boys Class 3 Long Jump
Boys Class 3 Triple Jump	Boys Class 1 Triple Jump	Girls Class 3 Triple Jump	Girls Class 1 Triple Jump
Girls Class 3 Shot Put	Girls Class 1 Shot Put	Boys Class 3 Shot Put	Boys Class 1 Shot Put
Boys Class 1 Discus	Boys Class 3 Discus	Girls Class 1 Discus	Girls Class 3 Discus
Girls Class 1 Javelin	Girls Class 3 Javelin	Boys Class 1 Javelin	Boys Class 3 Javelin

Opening Heights: Girls Pole Vault: **TBA** Girls High Jump: **TBA** Boys Pole Vault: **TBA** Boys High Jump: **TBA**

Opening Heights: Will be determined by the Games Committee prior to the meet

RUNNING EVENTS

(in 2024, Boys 1st, then Girls. Class 1 first, then Class 3)

10:00am	Boys	4x800m Relay	Final (Double Waterfall Start)
10:30am	Girls	4x800m Relay	Final (Double Waterfall Start)
11:00am	Boys	110m Hurdles	Final (Heats v. Time)
11:25am	Girls	100m Hurdles	Final (Heats v. Time)
11:50am	Boys	100m Dash	Final (Heats v. Time)
12:05pm	Girls	100m Dash	Final (Heats v. Time)
12:20pm	Boys	4x200m Relay	Final (Heats v. Time)
12:45pm	Girls	4x200m Relay	Final (Heats v. Time)
1:10pm	Boys	1600m Run	Final (Double Waterfall Start)
1:25pm	Girls	1600m Run	Final (Double Waterfall Start)
1:40pm	Boys	4x100m Relay	Final (Heats v. Time)
2:00pm	Girls	4x100m Relay	Final (Heats v. Time)
2:20pm	Boys	400m Dash	Final (Heats v. Time)
2:40pm	Girls	400m Dash	Final (Heats v. Time)
3:00pm	Boys	300m Hurdles	Final (Heats v. Time)
3:20pm	Girls	300m Hurdles	Final (Heats v. Time)
3:40pm	Boys	800m Run	Final (Double Waterfall Start)
3:50pm	Girls	800m Run	Final (Double Waterfall Start)
4:00pm	Boys	200m Dash	Final (Heats v. Time)
4:25pm	Girls	200m Dash	Final (Heats v. Time)
4:50pm	Boys	3200m Run	Final (Double Waterfall Start)
5:20pm	Girls	3200m Run	Final (Double Waterfall Start)
5:50pm	Boys	4x400m Relay	Final (3-Turn Stagger, Heats v. Time)
6:20pm	Girls	4x400m Relay	Final (3-Turn Stagger, Heats v. Time)

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GENERAL MEET INFORMATION

- Our Track Booster Club will be providing each coach breakfast and lunch. Continental breakfast will be in the multipurpose room prior to the coach's meeting. Lunch will be served around noon.
- The bullpen will be located at the northwest corner of the track. An athlete will be given a hip number to be placed on the left hip.
- Only athletes and meet officials may enter the field of competition.

PARKING

- **Buses parking**– Please see the attached map, buses will park behind and in front of the Middle School. Please communicate this with them.
- **Spectator Parking**--We have 2 parking lots at the high school. We also have parking at our Middle School. Please refer to map at the end of the packet. **PLEASE SEND OUT TO YOUR COMMUNITIES THAT WE WILL NOT ALLOW PARKING ON THE GRASS AND THAT VIOLATORS WILL BE WARNED AND TOWED.**

Scoring, Awards, and Qualification Information

- Scoring will be 10-8-6-5-4-3-2-1 for individual and relay events.
- Top 4 place finishers will earn medals and advance to the Class 1 Sectional Meet at Adrian High School or the Class 3 Sectional Meet at Holden High School.

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Location of Field Events:

Javelin—Practice Football Field, East of Stadium

Shot Put—South of Press box

Discus—South of Shot Put

High Jump—South end of track

Pole Vault—South end of track

Long Jump—North end of track

Triple Jump—North end track

In an effort to keep the field as clear as possible and to comply with MSHSAA regulations, please only allow athletes to warm up in the north end of the field and keep the south end clear.



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Parking, Seating, and Event Maps

Overhead image (parking and gates)



Overhead (track view)



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Inclement Weather Responsibilities:

Individuals are allowed to go to their vehicles if they desire.

30 Minute Rule – Clear Field – Wait 30 minutes and resume play. If no play, wait an additional 30 minutes and make a final decision (Decision made by Administrators/Coaches/Officials but Administration in charge has the final say)

Announcer with pertinent information. The Meet will be suspended at this time due to severe weather in the area. Participants in the meet are to go with your sponsor to your assigned areas. All fans may take cover in the HS gym located in the school or go to your vehicles. But we must clear the stadium. Follow the directions of our administrators. We will delay for a minimum of 30 minutes before we possibly resume.

Holden Track (Coach Diener) will move to Multipurpose Building and Football Locker room.

All other track teams can report to their bus or to the high school where we will utilize the gym, cafeteria, Eagle Landing and hallways.

Fans will move to the HS gym by entering the south doors next to concession stand. Individuals are allowed to go to their vehicles if they desire.