

NORTH EAST KANSAS TRACK CLUB ALL COMERS MEET

DATE: JUNE 25ST, 2011

TIME: Field Events begin at 8:30, and will be contested in cafeteria style. Except for Pole Vault and High Jump which will be an advancing bar for all ages, separated by gender. Track Events will be on a rolling schedule beginning at 8:30. Packet pick up will be available beginning at 6:30 am.

Place: Rossville High School, 800 S. Main, Rossville, Ks, 66533.

Rossville High School has an 8-lane all-weather track. Long Jump, Triple Jump, and High jump approach areas are all-weather. Maximum spike length is ¼". Shot and Discus rings are concrete, javelin runway is grass.

Warm-Up area- The warm-up area will be located just north of the stadium in the grass area.

This meet will be conducted using grade in school for competition purposes. Athletes will compete in the grade they were in during the spring of the current year. Grade 9 & 10 will compete together as will grades 11 & 12 for individual events. Relays will be conducted in two year increments with grades 9-12 allowed to compete together.

Entry Fee: \$15 per athlete. Maximum of 3 events for K-6th grade, 4 events for 7th-12th grade.

Awards: Medals for 1st -3rd place in each gender/age division.

Admission: All spectators ages 12 and over \$2

Concessions: A full concession stand will be offered .

Entry Deadline: All entries must be done on-line and submitted by June 22nd. There will be no additions, changes, or registrations done on the day of the meet! Registration is available at www.CoachO.com

Meet Director: Lance Lenard (785)383-6086 E-Mail: coach@nektrack.com

NE KANSAS YES-ATHLETICS

MEET SCHEDULE

June 25, 2011

RUNNING EVENTS

(ROLLING SCHEDULE)

Beginning at 8:30

- 1500 Meter Race Walk- 1st grade-12th grade, combined if possible.
3000 Meter Run- 5th grade-12th grade, combined if possible.
80 Meter Hurdles- 4th grade-6th grade, girls followed by boys.
100 Meter Hurdles- 7th grade girls, 8th grade girls, 7th grade boys, 8th grade boys, 9th-12th grade girls.
110 Meter Hurdles- 9th-12th grade boys.
4x800 Meter Relay- 5th & 6th, 7th & 8th, 9th & 10th, 11th & 12th, combined if possible.
100 Meter Dash- K & Under-12th grade, girls followed by boys.
1500 Meter Run- 3rd-12th grade, combined if possible.
4x100 Meter Relay- K/1st/2nd, 3rd & 4th, 5th & 6th, 7th & 8th, 9th & 10th, 11th & 12th.
400 Meter Dash- K & Under-12th grade, girls followed by boys.
800 Meter Run- 1st-12th grade, combined if possible.
200 Meter Hurdles- 7th & 8th grade, girls followed by boys.
400 Meter Hurdles- 9th-12th grade girls, followed by 9th-12th grade boys.
200 Meter Dash- K & Under-12th grade, girls followed by boys.
4x400- Meter Relay- K/1st/2nd, 3rd & 4th, 5th & 6th, 7th & 8th, 9th & 10th, 11th & 12th.

FIELD EVENTS

Beginning at 8:30

- Shot put: Grades 1-12
Discus: Grades 5-12
High Jump: Grades 3-12
Long Jump: Grades 1-12
Triple Jump: Grades 7-12 (After the LJ)
Javelin: Grades 1-12 (The turbo javelin will be thrown by grades 1-6)
Pole Vault: Grades 7-12

NOTE: It is the responsibility of the athlete/parent to understand that all field events will be run concurrently. The high jump and pole vault will start promptly at 8:30am and use a progressive bar for all contestants. All other field events will be cafeteria style. It is our hope that all field events will be completed at 2pm. You must have checked in and taken at least one attempt in your event(s) by 11am. Each field event competitor will be allowed three jumps or throws.

EVENT LIMITATIONS: Athletes in grades K-6 will be allowed to compete in three (3) events. Athletes in grades 7-12 will be allowed to compete in four (4) events.

