



**Wichita Heights High School**  
5301 N. Hillside  
Wichita, KS



**Wichita Southeast High School**  
2641 S. 127<sup>th</sup> St. East  
Wichita, KS 67210

**TO:** Head Track Coaches/Athletic Directors  
**FROM:** Rick Wheeler – 5A Regional Manager  
Chris Asmussen - 6A Regional Manager  
Lance Deckinger – NW AD – Facilities Manager  
**RE:** 5A/6A Regional Track and Field  
**DATE:** April 30<sup>th</sup>, 2019

### **REGIONAL TRACK & FIELD MEET**

#### **SCHOOLS PARTICIPATING:**

(5A) Great Bend, Hays, McPherson, Newton, Salina-Central, Salina-South, Valley Center, Wichita-Heights, Wichita-Northwest  
(6A) Derby, Dodge City, Garden City, Wichita-Haysville-Campus, Hutchinson, Liberal, Wichita-South, Wichita-Southeast, Wichita-West

**LOCATION:** Wichita Northwest High School  
1220 N. Tyler Road  
Wichita, KS 67212-3296  
Lance Deckinger, AD

**DATE:** Friday, May 17, 2019

**BUS PARKING:** Buses are to park in the overflow parking area that is at the northwest corner of the stadium.

**FACILITIES:** Track, runways and High Jump apron are polyurethane (9 lane track). No spikes longer than ¼” will be allowed. Shot and discus rings are concrete; the javelin area is grass. **STARTING BLOCKS WILL BE FURNISHED**

**TIME:** 10:45 – 11:30 am – Implement weigh-ins – Storage Shed at east end of stadium  
11:00 AM – Coaches Meeting – Storage shed at the east end of the stadium  
12:00 PM – Field Events  
2:00 PM – Preliminaries  
Finals 30 minutes after conclusion of Preliminaries

**TIMING SYSTEM:** The Lynx Automated Timing System (FAT).

**STARTERS:** Bill Zimmerman and Dale Downing.

**ENTRIES:** Regional Track entries **must be electronically entered by Saturday, May 11, 2019 at 8:30 pm.** See the procedure on page 10 of the 2019 Track and Field Manual for details.

**RELAY ENTRIES:** Teams may enter one (1) entry (relay team) per relay event as per NFHS Rule 5-10-2 (which permits listing up to six (6) individuals on the relay card). No split or open times will be allowed to compute relay entry time. The time submitted for each relay team must be the time run by the identical four relay members in that same relay race sometime during the season. Schools which are unable to submit a pure time will be allowed to enter a relay team but they will not be assigned into the faster heat. In relays, six (6) individuals may be listed as entries, any four (4) of which may compete. Only the four who actually compete in the relay are charged with an event. Substitutes must come from those six (6) individuals submitted and listed on the relay entry. This also applies at the state meet. Relay personnel may be changed for the State Track and Field Meet for any relay team qualifying for the State Track and Field Meet.

#### **CHANGES**

**SCRATCHES:** Refer to Track and Field Manual pages 10 and 11

#### **CONFIRMATION OF ENTRIES:**

It is the coaches' responsibility to check and confirm athletes are correctly entered. After the deadline, no changes can be made. Please refer to Track and Field Manual pages 10 and 11.

**AWARDS:** Individual medals will be given to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place finishers in all events, including relays. Plaques will be awarded to top two teams in boys' and girls' divisions.

**VALUABLES:** Each team is responsible for their own valuables, shoes, warm-ups, etc.

#### **DRESSING**

**FACILITIES:** Facilities are very limited so we asking that your athletes come dressed to participate.

**TENTS:** Tents **WILL NOT** be set up inside the track. Tents may be set up in the east stands. The Regional Manager may request tents to be removed if they become an obstruction to the meet.

**ADMISSION:** Admission is \$5 per students grades K-12 and \$6 for adults. **Spectators must remain in stands and are not allowed on the infield of the track or standing along the fence by the track. Coaches are also NOT ALLOWED on the infield unless they are in the designated coaching area with a coach's pass for pole vault.**

#### **COACHES**

**MEETING:** There will be a coaches meeting at 11:00 am. located in the grounds shed east of the stadium.

**WEIGH-IN:** From 10:45 – 11:30 am implements may be weighed at the grounds shed (where we hold the coaches meeting). Confiscated implements may be picked up at the conclusion of the field events.

**GENERAL INFORMATION:**

1. Please consult your 2019 KSHSAA Track and Field Manual for Information concerning scoring, pass gate information, entries, and tie breaking procedure etc.
2. Concessions will be sold at the meet located on the northwest side near entrance.
3. **Only meet participants are allowed on the track infield. Coaches must have a permit to be in the “coaches’ area” for pole vault.**
4. Athletes may warm-up on the infield.
5. Please give your attention to guidelines for legal uniforms and Relay Rule 5-9-2. Be aware that the Relay Rule must be followed carefully and that the uniform will be strictly enforced.
6. State Entry Forms TF-6 & TF-7 are to be turned in to the Regional Manager at the completion of the meet.
7. **Each school should bring pole vault verification forms, Sportsmanship and legal uniform cards to coaches meeting.** These forms will all be forwarded to Topeka.
8. Games Committee will address any appeals at the meet; members will be identified at the coaches meeting.

**COACHES ARE ENCOURAGED TO READ THE TRACK AND FIELD MANUAL PRIOR TO THE REGIONAL MEET.**

# 5A/6A TRACK REGIONALS 5/17/2019

## ORDER OF EVENTS

10:45 a.m. – 11:30 IMPLEMENT WEIGH IN

11:00 a.m. - COACHES MEETING

### FIELD EVENTS:

\*\*COACHES, WITH COACHING PASS ONLY, WILL BE PERMITTED ACCESS TO DESIGNATED COACHING BOX FOR POLE VAULT IN INFIELD ONLY. PASSES WILL BE INSIDE TEAM PACKETS.\*\*

12:00 P.M.  
Javelin – 5AG, 6AG (East field), 6AB, 5AB (West field)  
Pole Vault – 6AG, 6AB (West runway), 5AB, 5AG (Infield)  
Discus – 6AG, 5AG, 5AB, 6AB  
Shot Put – 5AB, 6AB, 6AG, 5AG  
Long Jump - 6AG, 5AG, 5AB, 6AB  
Triple Jump - 5AB, 6AB, 6AG, 5AG  
High Jump – 5AG, 6AG (West Pit), 6AB, 5AB (East Pit)

### RUNNING EVENTS: PRELIMINARIES 2:00

Order of running events: 5AG - 6AG – 5AB – 6AB

\*\*ONLY ATHLETES WARMING UP FOR THEIR EVENTS WILL BE ALLOWED ON THE INFIELD. NO COACHES WILL BE PERMITTED ON THE INFIELD OTHER THAN COACH WITH COACHING PASS FOR POLE VAULT.\*\*

GIRLS 100 M HIGH HURDLES  
BOYS 110 M HIGH HURDLES  
GIRLS 100 M DASH  
BOYS 100 M DASH  
GIRLS 200 M DASH  
BOYS 200 M DASH

### RUNNING EVENTS: FINALS

\*\*4 x 800 Relay Finals will begin immediately after prelims end.\*\*

GIRLS 4X800 M RELAY  
BOYS 4X800 M RELAY

**100M HURDLES FINALS WILL BEGIN 30 MINUTES AFTER THE CONCLUSION OF THE BOYS 4x800 M RELAY**

GIRLS 100 M HURDLES  
BOYS 110 M HIGH HURDLES  
GIRLS 100 M DASH  
BOYS 100 M DASH  
GIRLS 1600 M RUN (May be run in 2 heats if more than 18 are entered)  
BOYS 1600 M RUN (May be run in 2 heats if more than 18 are entered)  
GIRLS 4X100 M RELAY  
BOYS 4X100 M RELAY  
GIRLS 400 M DASH  
BOYS 400 M DASH  
GIRLS 300 M LOW HURDLES  
BOYS 300 M INTERMEDIATE HURDLES  
GIRLS 800 M RUN (May be run in 2 heats if more than 18 are entered)  
BOYS 800 M RUN (May be run in 2 heats if more than 18 are entered)  
GIRLS 200 M DASH  
BOYS 200 M DASH  
GIRLS 3200 M RUN  
BOYS 3200 M RUN  
GIRLS 4X400 M RELAY  
BOYS 4X400 M RELAY  
PRESENTATION OF TEAM TROPHIES (50-yard line)