



TRACK AND FIELD CHAMPIONSHIPS SECTIONAL

Class 3

Arcadia Valley
Bayless
Bishop DuBourg
Cardinal Ritter
Carnahan
Central (New Madrid County)
Central (Park Hills)
East Prairie
Fredericktown
Gateway Science Academy
Grandview
Herculaneum
John Burroughs
Kelly
Kennet
Lift for Life Academy
Metro
Principia
Roosevelt
Soldan International Studies
St. Pius X
Vashon
Whitfield

Class 4

Affton
Central (Cape Girardeau)
Confluence Prep Academy
Desoto
Dexter
Farmington
Gateway
Festus
Hillsboro
Lutheran South
Miller Career Academy
North County
Notre Dame (Cape Girardeau)
Pacific
Parkway West
Perryville
Potosi
Rockwood Summit
Rosati-Kain
St. Marys
Sikeston
Ste. Genevieve
Ursuline
Webster Groves
Windsor

Coaches

We welcome you to the 2018 Class 3 and 4 Sectional at Rockwood Summit High School on May 19th, 2018.

Address: 1780 Hawkins Road Fenton MO, 63026

We have currently booked 20 rooms at the Fairfield Inn in Fenton....(Link for Fairfield below). Kim Harrell is the group sales manager at the Fairfield.

Here is the reservation link your guests can use to make online reservations:

[Book your group rate for Sectional Track Meet](#)

If you are interested in securing rooms for Friday, May 18th, please contact them. Rooms are under Rockwood Summit High School.

We will open the track Friday evening for teams to come and practice if you would like.

Reminders:

PASS LIST

Send your Pass list to Mitch Lefkowitz 5 days prior to the Sectional Meet. A copy of the Pass list can be found on [MSHSAA site](#).

lefkowitzmitch@rsdmo.org or fax 636-891-8817

WORK ASSIGNMENTS

Hosting a double sectional is a major undertaking and per MSHSAA rule we will ask your team to help where needed. With the number of teams participating we hope to keep this to one person per school per event where we can.

Email moorechristopher@rsdmo.org your field event preference 5 days prior to the meet.

Subject: Sectionals - Include School Name - The Event - Class - 1st field event choice - 2nd field event choice 3rd Track event choice.

Thank You, ..., we look forward to seeing you and the best of luck on your efforts to qualify to State.

Mitch Lefkowitz Meet Director/ Athletic Director lefkowitzmitch@rsdmo.org

Chris Moore Head Girls Track and Field Coach moorechristopher@rsdmo.org

Rolland Garrison Head Boys Track and Field Coach garrisonrolland@rsdmo.org

**MSHSAA DOUBLE SECTIONAL MEET SCHEDULE
AT ROCKWOOD SUMMIT
CLASS 3 AND 4**

9am Coaches Meeting (lower gym)

8:30am -9:30am Implement Weigh ins (shed)

9:20am Field Event Judges Meeting (lower gym)

10:00 AM	11:30 AM	1:00 PM	2:30 PM
Boys Class 4 Pole Vault	Boys Class 3 Pole Vault	Girls Class 4 Pole Vault	Girls Class 3 Pole Vault
Girls Class 3 High Jump	Girls Class 4 High Jump	Boys Class 3 High Jump	Boys Class 4 High Jump
Girls Class 4 Shot Put	Girls Class 3 Shot Put	Boys Class 4 Shot Put	Boys Class 3 Shot Put
Boys Class 4 Discus	Boys Class 3 Discus	Girls Class 4 Discus	Girls Class 3 Discus
Girls Class 4 Long Jump	Girls Class 3 Long Jump	Boys Class 4 Long Jump	Boys Class 3 Long Jump
Boys Class 4 Triple Jump	Boys Class 3 Triple Jump	Girls Class 4 Triple Jump	Girls Class 3 Triple Jump
Girls Class 3 Javelin	Girls Class 4 Javelin	Boys Class 3 Javelin	Boys Class 4 Javelin

CLASS 4 will run first followed by Class 3

11:00 Boys 4x800 relay

11:30 Girls 4x800 relay

12:00 Boys 110 meter Hurdles

12:10 Girls 100 meter Hurdles

12:20 Boys 100 meter Dash

12:30 Girls 100 meter Dash

12:40 Boys 4x200 meter Relay

12:50 Girls 4x200 meter Relay

1:00 Boys 1600 meter Run

1:20 Girls 1600 meter Run

1:40 Boys 4x100 meter Relay

1:50 Girls 4x100 meter Relay

2:00 Boys 400 meter Dash

2:10 Girls 400 meter Dash

2:20 Boys 300 meter Hurdles

2:30 Girls 300 meter Hurdles

2:40 Boys 800 meter Run

2:50 Girls 800 meter Run

3:00 Boys 200 meter Dash

3:10 Girls 200 meter Dash

3:20 Boys 3200 meter Run

3:50 Girls 3200 meter Run

4:20 Boys 4x400 meter Relay

4:30 Girls 4x400 meter Relay

Admission: \$7 children 5 and under free

Spectators: Stay outside the fenced area no standing or leaning on fence.

T-shirts: \$15 -S-XL , \$17- 2XL

Concessions: available behind the press box inside (no spikes inside the school)

Track: 8 lane rubberized all weather

Spikes ¼ inch or less with the exception of the javelin 1 inch or less for the grass runway

Parking: Please have busses drop off by the stadium and park in front of the library in the staff lot.

Spectator parking in the main lot and overflow parking is one block south past the school at Kellison Elementary.

Restroom: Inside the building behind press box (**NO SPIKES ALLOWED INSIDE BUILDING**)

Next to the shed between High Jump and Baseball Field

Awards: Medals awarded to the top 4 finishers in each event.

Trainer: Will be located in the end zone closest to the finish line

Water Coolers will be on the infield

Team Tents: Baseball outfield or Near the scoreboard by the Tennis Courts **NO TENTS IN THE STANDS**

INFIELD - entry into the infield will only be in the northeast corner by the scoreboard and tennis courts and southwest corner by the shed and baseball field.

Will have designated areas for athlete warm-up, coaches boxes and bullpen only

There is absolutely no Gum, Sunflower Seeds, Drinks, etc allowed on the track or infield. We will only allow athletes to have water bottles. If they need other items, they must be consumed in the team tents, or outside the track area.

Athlete Warm up Areas: Baseball outfield by tent area. Infield of the track on the turf between numbers and hash marks.

Athletes are not permitted outside the infield warm up area unless in coaches box getting instruction during their event or in the bullpen area for an upcoming race. Athletes are not allowed to be a spectator in the coaches box.

Bullpen: The bullpen will be near the 30 yard line closest to finish

Coaches Box:

All Coaches on the Pass List will be provided a wristband for access to the track, infield, and marked coaches areas. NO other spectators will be allowed in these areas.

Send your Pass list to Mitch Lefkowitz 5 days prior to the Sectional Meet. lefkowitzmitch@rsdmo.org or fax 636-891-8817

Track Coaches Box: Inside the Football field, white lines (only coaches and personnel assigned to work a specific event or race can be outside this area during that time)

Field Event Coaches Box: Marked in designated areas. (ONLY coaches and personnel assigned to work a specific event or race can be INSIDE this area during the event.)

Coaches Hospitality: In the lower gym drinks, light lunch.

Weigh Ins / Implement Inspection: Storage shed between baseball field, and High Jump 8:30 am - 9:30am

Field Events/Facilities

4 jumps / 4 throws Javelin, Discus, Shot Put, Long Jump, Triple Jump

Excused time from field event to be in a running event: Athletes must report back within 10 minutes of completion of the running event .

Javelin - Grass Runways of 120ft+ located upper field in front of school (upper lower field)

Discus - located south side of building follow sidewalk south by pole vault area past the softball field

Shot Put - located southwest side of building follow sidewalk south by pole vault area past the softball field

Long Jump - Boards 8'-12' (painted) Boys runway #1 Girls Runway #2 (jump east to west)

Triple Jump - Boards 24'-28'-32'-36' (painted) Boys runway #1 Girls Runway #2 (jump east to west)

Pole Vault - (jump west to east)

High Jump - (jump east to west) 44ft rubber then turf from pit

Check Markers: contestants will be allowed to 2 check marks

Running events on the track: tennis balls

Jumping events chalk lines outside the runway (marks should be small no continuous J mark at high jump)

Meet Director: Mitch Lefkowitz

Officials: Charlie Beck Head Judge / Referee / Starter
Frank Schultz Starter
Gordon Reiter Starter
Frank Greco Field Judge

Games Committee: Rockwood Summit, Lutheran South, Desoto, Hillsboro Pacific, Central park hills, Principia
Jury of Appeals: Rockwood Summit, Lutheran South, Desoto, Hillsboro Pacific, Central park hills, Principia

Announcer: ? tbd
FAT Timing: Big River Running
Awards: ? tbd T-shirts ? tbd
Press Box: Rolland Garrison
Marshall: Event Management Crew, Chris Moore, Tony Edwards
Bull Pen: ? tbd
Finish Line: Jason Miller and Erin Hopkins

Work Assignments:

10:00 AM	11:30 AM	1:00 PM	2:30 PM
Boys Class 4 Pole Vault ? tbd	Boys Class 3 Pole Vault ? tbd	Girls Class 4 Pole Vault ? tbd	Girls Class 3 Pole Vault ? tbd
Girls Class 3 High Jump ? tbd	Girls Class 4 High Jump ? tbd	Boys Class 3 High Jump ? tbd	Boys Class 4 High Jump ? tbd
Girls Class 4 Shot Put ? tbd	Girls Class 3 Shot Put ? tbd	Boys Class 4 Shot Put ? tbd	Boys Class 3 Shot Put ? tbd
Boys Class 4 Discus ? tbd	Boys Class 3 Discus ? tbd	Girls Class 4 Discus ? tbd	Girls Class 3 Discus ? tbd
Girls Class 4 Long Jump ? tbd	Girls Class 3 Long Jump ? tbd	Boys Class 4 Long Jump ? tbd	Boys Class 3 Long Jump ? tbd
Boys Class 4 Triple Jump ? tbd	Boys Class 3 Triple Jump ? tbd	Girls Class 4 Triple Jump ? tbd	Girls Class 3 Triple Jump ? tbd
Girls Class 3 Javelin ? tbd	Girls Class 4 Javelin ? tbd	Boys Class 3 Javelin ? tbd	Boys Class 4 Javelin ? tbd

Hurdles

Flight 1-2 ? tbd
Flight 3-4 ? tbd
Flight 5-6 ? tbd
Flight 7-8 Summit

Curve Judges: 4x800, 1600, 800, 3200, 4x400

East Corner- Starters, Summit

Break line- ? tbd

Back Straight- ? tbd

West Corner - ? tbd (high jump side)

Home Straight- Starters, Summit

Exchange Zones: 4x100

1st exchange Lanes 1-4 ? tbd Lanes 5-8 ? tbd
2nd exchange Lanes 1-4 ? tbd Lanes 5-8 ? tbd
3rd exchange Lanes 1-4 ? tbd Lanes 5-8 ? tbd

Exchange Zones: 4x200

1st and 3rd exchange Lanes 1-4 ? tbd Lanes 5-8 ? tbd
2nd exchange Lanes 1-4 Starter, Summit Lanes 5-8 Starter, Summit



SECTION 5:

SECTIONAL MEET INSTRUCTIONS PER MSHSAA

A. Deadlines: There will be no Sectional Meet entry form to turn in; however, coaches have from Monday prior to the Sectional Meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website (www.trxctiming.com).

B. Admission: The admission charged for Sectional Meets is \$7.00 for students and adults. Admission for a combined District/Sectional meet is \$6.00. Children five (5) and under are free of charge.

C. Pass Lists: The pass list for Sectional track and field is located on the MSHSAA website under track and field. Please fill out this form and email or fax to your sectional manager at least five (5) days prior to the sectional track meet.

D. Three registered officials shall be hired to conduct the Sectional meet. The fees are to be paid by MSHSAA out of local site receipts. One of the officials will be assigned the Referee and another shall be the Head Field Event Judge. The Head Field Event Judge's duties include supervising, inspecting and administering the field events. This position can serve as an additional re-call starter if necessary. In the absence of a Head Field Event Judge, the Starter-Referee will retain this responsibility at no additional fee. A meet manager shall be paid \$95.00.

E. Coaches and/or qualified representatives of participating schools are expected to help at the District and/or Sectional meets if requested to do so by the meet manager. A school may be asked to run off a particular event (for example, the pole vault) and provide enough personnel to do so. If help is needed, district and sectional managers are to notify the schools of their assignments in advance. Meet managers should attach the administrative procedures, tie-breaking procedures, and NF rules for the event to the back of the clipboards provided to each field event judge.

Email moorechristopher@rsdmo.org your the field event preference 5 days prior to the meet.

Subject: Sectionals- Include School Name - Event - Class- 1st field event choice - 2nd field event choice 3rd Track event choice.

F. Awards: Medals will be awarded to the first four place winners in each event. Sectional meets shall be scored, but no team plaques or trophies shall be awarded.

G. All Sectional events should be conducted just as State Meet events are conducted, as much as possible. Exception: Competitors in the shot put, discus, triple jump, long jump and javelin will be allowed only four throws or jumps. Competition in the long jump, triple jump, shot put, and discus will be conducted in one flight of eight in reverse order of qualification. High jump and pole vault will jump in reverse order of qualification.

1. Tied qualifying marks are randomly placed. Competition will be adjusted to allow for participation in other events. There will be no preliminaries in these events.

2. In the pole vault, an athlete's poles shall be approved by the event judge or field referee before warm-up.

3. Sectional Meets will be seeded with the District winner in Lanes 4 and 5 and the remaining six (6) qualifiers serpentine-seeded based on their times.

4. Running events 4x800, 1600, 3200, 800 are run out of individual lanes for each competitor, with a one turn stagger.

H. Uniform Scoring System: The officially adopted scoring system outlined in NF Rule 2-1-2 for all interscholastic meets shall be used. (District, Sectional, and State meets conducted on an 8-lane track shall score 8 places).

I. Tie-breaking: In the event of a tie for 1st Place or the last qualifying position (fourth place), apply the National Federation tie-breaker system. If a tie still remains, a run-off, jump-off, or throw-off will be conducted. In the pole vault

and high jump, after applying the first two steps of the National Federation tie-breaker system, if the tie still remains, the tie-breaking procedure for first place will be used. The NFHS jump-off tie-breaking procedure shall also be applied if less than 4 competitors clear the opening height in the pole vault or high jump. Tie-breaking competition should be held at the conclusion of the field event or for a running event, 30 minutes following the conclusion of the meet. Managers should allow proper rest in all tie-breaking competitions.

J. Scratches: An athlete may be scratched at the coaches meeting prior to the Sectional Meet from an event or events entered without affecting his/her eligibility in other events in which he/she may be entered. However, if the athlete is not scratched at the coaches meeting, he/she or coach should report the scratch to the clerk of the course. Contestants who fail to report prior to the clerk of the course closing the entries in the running events or after the judge starts competition in the field events, shall not be allowed to participate in that event. No substitution will be allowed in a Sectional Meet.

K. Relays: In relay events, no more than six contestants may be listed on the online entry website, but only those who actually participate will be considered official entries. Any substitutions must come from those names on the online entry (NF Rule 5-10-2 p. 36). NOTE: See information under District Information above. The clerk should designate the order of the runners for the relay. (1st, 2nd, 3rd leg, 4th leg/anchor)

L. Advancers: All advancers/qualifiers from the Sectional Meet to the State Meet will automatically be forwarded to the online entry website from the Sectional Meet Manager. There will be no State Meet entry form to turn in; however, coaches have from Monday prior to the State meet to Wednesday at 4:00 p.m. to scratch an individual participant and confirm relay names on the online entry website. The contestants' names that are entered on the website by 4:00 p.m. on the Monday before the meet are the names that will be reflected in the Track and Field Program.