



Class 5 District 5 and Class 4 District 5

Hosted by Northwest High School, May 11th, 2024



Class 4: Chaminade, Cor Jesu, De Smet, MICDS, Pacific, Parkway Central, Rockwood Summit, St. Clair, St. Joseph's Academy, Sullivan, Union, Vianney
Class 5: Central (Springfield), Eureka, Glendale, Lafayette, Lebanon, Northwest, Rolla, Washington, Waynesville, Willard

DOUBLE DISTRICT MEET

The following schedule is recommended to the Games Committee and Meet Manager for the successful conduct of Districts. Consultation with MSHSAA staff shall occur if any substantial deviation from the recommended schedule is to be considered.

General Guidelines:

- Boys shall compete first in Even Years
- Site may adjust times/events to track specifications · A rolling schedule shall only be used in the case of inclement weather

Field Events			
9:30 - 11:30 AM	12:00 AM - 2:00 PM	2:30 - 4:30 PM	5:00 - 7:00 PM
Pole Vault (B/4)	Pole Vault (B/5)	Pole Vault (G/4)	Pole Vault (G/5)
Pole Vault times are only an estimate and will ROLL with a 30-minute warm-up between events.			
10:00 - 11:30 AM	12:00 AM - 1:30 PM	2:00 - 3:30 PM	4:00 - 5:30 PM
High Jump (G/5) Long Jump (B/5) Triple Jump (G/4) Shot Put (B/4) Discus (G/5) Javelin (B/5)	High Jump (G/4) Long Jump (B/4) Triple Jump (G/5) Shot Put (B/5) Discus (G/4) Javelin (B/4)	High Jump (B/5) Long Jump (G/5) Triple Jump (B/4) Shot Put (G/5) Discus (B/4) Javelin (G/4)	High Jump (B/4) Long Jump (G/4) Triple Jump (B/5) Shot Put (G/4) Discus (B/5) Javelin (G/5)
The designated time for each field event is when the event will start. Field event judges need to report 20 minutes early to monitor warm ups. Field event tablets should not leave the field event site.			

Running Events

11:00 AM	Class 4 Boys	4X800m Relay	3:20 PM	Class 4 Boys	400m Dash
	Class 5 Boys	4X800m Relay		Class 5 Boys	400m Dash
11:30 AM	Class 4 Girls	4X800m Relay	3:40 PM	Class 4 Girls	400m Dash
	Class 5 Girls	4X800m Relay		Class 5 Girls	400m Dash
12:00 AM	Class 4 Boys	110m Hurdles	4:00 PM	Class 4 Boys	300m Hurdles
	Class 5 Boys	110m Hurdles		Class 5 Boys	300m Hurdles
12:25 AM	Class 4 Girls	100m Hurdles	4:20 PM	Class 4 Girls	300m Hurdles
	Class 5 Girls	100m Hurdles		Class 5 Girls	300m Hurdles
12:50 AM	Class 4 Boys	100m Dash	4:40 PM	Class 4 Boys	800m Run
	Class 5 Boys	100m Dash		Class 5 Boys	800m Run
1:05 PM	Class 4 Girls	100m Dash	4:50 PM	Class 4 Girls	800m Run
	Class 5 Girls	100m Dash		Class 5 Girls	800m Run
1:20 PM	Class 4 Boys	4X200m Relay	5:00 PM	Class 4 Boys	200m Dash
	Class 5 Boys	4X200m Relay		Class 5 Boys	200m Dash
1:45 PM	Class 4 Girls	4X200m Relay	5:25 PM	Class 4 Girls	200m Dash
	Class 5 Girls	4X200m Relay		Class 5 Girls	200m Dash
2:10 PM	Class 4 Boys	1600m Run	5:50 PM	Class 4 Boys	3200m Run
	Class 5 Boys	1600m Run		Class 5 Boys	3200m Run
2:25 PM	Class 4 Girls	1600m Run	6:20 PM	Class 4 Girls	3200m Run
	Class 5 Girls	1600m Run		Class 5 Girls	3200m Run
2:40 PM	Class 4 Boys	4X100m Relay	6:50 PM	Class 4 Boys	4x400m Relay
	Class 5 Boys	4X100m Relay		Class 5 Boys	4x400m Relay
3:00 PM	Class 4 Girls	4X100m Relay	7:20 PM	Class 4 Girls	4x400m Relay
	Class 5 Girls	4X100m Relay		Class 5 Girls	4x400m Relay

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Northwest High School is excited to host the Class 4 and 5 District 5 Track and Field Meet.

- Please let your fans know that there will be a \$6 admission fee entering the stadium.
- Big River Race Management will be timing the meet.
- Please register at mo.milesplit.com. Registration closes on May 7th at 12:00 PM. You must only use official times and marks achieved this season and published on Milesplit.
- There will be a coaches meeting at 8:45 a.m. Saturday morning in the Northwest High School cafeteria. The meeting will have scratches only. No substitutions will be permitted except in the event of illness/injury when such is certified in writing to the meet manager by the MSHSAA Office.
- All certified coaches listed on the MSHSAA pass list will receive a wristband allowing access to the track and coaches boxes. There will be hospitality for coaches wearing wrist bands (pizza and bottled water) around lunch time near the concession stand. (Pass lists are due by Thursday, May 9th at 12 PM)
- Athletes must be in uniform to enter the competition area.
- Tents may only be set up in the grass field between the concession stand and the long and triple jump.
- Northwest will not provide locker rooms. There will be a concession stand.
- The bullpen will be located near the 50 yard line. There will be a 1st, 2nd, and 3rd call for each event 15, 10, and 5 minutes before the event is scheduled to start. After the 3rd call, athletes will be lined up and escorted to the starting line.
- Implement weigh in will take place at the shed between the shot put and javelin area behind the grandstands. The morning weigh-ins will be from 8:00 to 9:30. Approved implements will be collected and transported to the competition site. As per rule, competitors may not use another school's implements without permission from that school.
- Buses will be asked to drop off athletes near the track and then park in front of the school.
- There will be an athletic trainer on site set up with a tent near the universal start/finish line.

Restrictions and Limitations:

- Only one-fourth inch spikes or less may be used on the track and all weather field event surfaces including javelin. Tennis balls only may be used on the track. The throwing circles are concrete. Chalk is allowed for long, triple, pole vault, and javelin (all weather surface) so long as it is off to the side of the actual runway (no tape). High Jumpers may have two marks on the jumping surface, but no continuous "J" or mark with dimensions exceeding 6".
- Athletes may provide their own blocks, but we will have a cart with starting blocks available at the starting line for each race.
- The south side of the turf field is for coaches and athletes **warming up only**, and **no food is allowed on the turf**. All athletes not warming up need to be off of the field area and away from the bullpen. Coaches and athletes may not set up camp on the field.
- All field events will be flagged off to designate the restricted competition area. The athlete warm up area designated on the field is considered unrestricted as well as any area where spectators are allowed. There will be clearly marked coaches boxes for each field event and coaches wristbands will be required for entry. Filming and viewing of video must take place in a coaches' boxes or unrestricted area. Both Coaches and Athletes must be within the coach's box or unrestricted area to view video.
- All events will follow the attached time schedule. Delays for weather related issues and schedule adjustments will be determined by the head umpire, Meet Manager, and Athletic Administrator in consultation with the Games Committee.
- Heats/Flights will be seeded by time and distance. There will be no prelims in running events this year.
- Field event participants will get three attempts in prelims with the top 9 going to finals where they will have three more attempts. Long and Triple will be run cafeteria style and close after 90 minutes with finals immediately following. Throws will run to completion with finals immediately following. Starting heights for field events will be decided by the games committee. High Jump will go up by 5 centimeters per height, and vault 15.
- Athletes competing in field events and running events must check out with the field event judge and will have **20 minutes** to complete their event and return to the event.

Awards: The top 4 finishers will qualify for the sectional meet and earn medals which can be picked up by a coach from the pressbox at the end of the meet.

Scoring: 10-8-6-5-4-3-2-1.

Workers: Each team will be asked to assist with both a field event and a running event. Work assignments will be listed below. **Please bring along help if you are working a field event.**

Ken Campbell
Head Boys' Track Coach
kcampbell@northwestschools.net

Charles Guilford
Head Girls' Track Coach
cguilford@northwestschools.net

Kyle Wampler (Meet Director)
Athletic Director
kwampler@northwestschools.net

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Starting Heights		
Class 4	Girls	Boys
Varsity High Jump		
Varsity Pole Vault		
Class 5	Girls	Boys
Varsity High Jump		
Varsity Pole Vault		

Starting Heights will be based upon entries:

1) Pole Vault: 30 cm below the eighth best entry

2) High Jump: 10 cm below the eighth best entry

Class 5 Work Assignments	
Boys High Jump	Washington
Girls High Jump	Washington
Boys Long Jump	Lebanon
Girls Long Jump	Waynesville
Boys Triple Jump	Eureka
Girls Triple Jump	Eureka
Boys Pole Vault	Lafayette
Girls Pole Vault	Lafayette
Boys Shot Put	Willard
Girls Shot Put	Willard
Boys Discus	Glendale
Girls Discus	Glendale
Boys Javelin	Rolla
Girls Javelin	Central (Springfield)

Class 4 Work Assignments	
Boys High Jump	De Smet
Girls High Jump	Rockwood Summit
Boys Long Jump	Vianney
Girls Long Jump	St. Joseph's Academy
Boys Triple Jump	St. Clair
Girls Triple Jump	Parkway Central
Boys Pole Vault	Parkway Central
Girls Pole Vault	Sullivan
Boys Shot Put	Pacific
Girls Shot Put	St. Clair
Boys Discus	Union
Girls Discus	Cor Jesu
Boys Javelin	Chaminade
Girls Javelin	Pacific

Field event judges need to arrive no later than 20 minutes before their assigned event in order for athletes to warm up.

ALL 4x100 (Yellow to Yellow)	
Exchange 1	Central (Springfield) / Vianney
Exchange 2	Lebanon / Waynesville
Exchange 3	Rolla / Rockwood Summit
ALL 4x200 (Black to Black then Yellow to Yellow)	
Exchange 1/3	Officials
Exchange 2	Officials
All 110m/110m Hurdle Judges (Move, adjust, reset)	
Hurdle 1/2	Waynesville
Hurdle 3/4	Chaminade
Hurdle 5/6	Cor Jesu
Hurdle 7/8	MICDS
Hurdle 9/10	Rockwood Summit
All 300m Hurdle Judges (Adjust, reset)	
Hurdle 1	Chaminade
Hurdle 2	Cor Jesu
Hurdle 3	MICDS
Hurdle 4	Northwest
Hurdle 5	Central (Springfield)
Hurdle 6	Lebanon
Hurdle 7	Rolla
Hurdle 8	Officials
Unlaned Races	
Break Judge	Officials
Northwest Curve Judge (Highway Side)	Sullivan / Officials
Southeast Curve Judge (School Side)	Union / Northwest
Front Straightaway (Pressbox)	Officials
Back Straightaway (Motomart)	Officials

Officials	Steve Serniak Randy Crowe Steve Schuette Mark Ness
Bullpen	Don Lutes, Tim Valli
Awards	Kyle Wampler
Announcer	Mike (Spanky) Jones
Concessions	NWXCTF Booster Club
Games Committee/Jury of Appeals	
Terry Wood - Sullivan	
Erin Hopkins - Rockwood Summit	
Mike Russo - De Smet Jesuit	
Mike Rawlings - Waynesville	
Michael Olszowka - Washington	
CJ Guilford - Northwest	
Brad DeMattei - Eureka	

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Northwest High School

6005 Cedar Hill Rd.

Cedar Hill, MO 63016

