

Class 5 District 3

Hosted by Eureka High School
2022

Competing Teams

Capital City

Central Springfield

Eureka

Glendale

Lafayette

Lebanon

Northwest

Smith-Cottom

Waynesville





Track and Field Class 5 District 3

Eureka High School

4525 Highway 109

Eureka, MO 63025



Coaches,

We welcome you to the 2022 Class 5 District 5 Track and Field meet at Eureka High School on May 14th. Below is some important information for you as we approach the track meet.

Entries

Entries should be made through Mo.Milesplit.com's website and are due by 12:00pm on Tuesday, May 10th. Per the MSHSAA Track and Field manual only those times/marks listed on Mo.Milesplit.com may be used for District entry and seeding purposes. Marks entered in error will result in a NT or ND for district seeding. Any coach may protest the legitimacy of an entry or performance mark. Protests must be emailed and the deadline to protest is 12:00pm on Wednesday, May 11th.

Coaches Meeting

We will have a coaches meeting in room F128 at 10:45am. This room is located at the south end of the school.

Schedule

The 2022 district track meet schedule is included on page 4 of this document.

Pass List

Please have your administrator enter your pass list into MSHSAA's website prior to 12:00pm on Thursday, May 12th.

Work Assignments

Hosting a district track meet takes a lot of work to make sure that everything runs smoothly. We will be asking your coaching staff to help where needed. Work assignments can be found on page 5 of this document. Please read and follow the rules of your event before you begin officiating. The rules can be found at the bottom of the [track and field page on MSHSAA's website](#). They will also be included on the clipboard for each field event.

Facility Information

- When arriving at Eureka High School please have your bus enter the school through the South entrance by the softball field. The included map will show you the route for your bus to take to drop your athletes off by our gymnasium. The bus will then loop the parking lot by the gymnasium and will drive in front of the high school to park in the bus parking lot. They will need to enter this lot from the North side to allow easy pick up of athletes at the end of the meet.
- Entrance to the track and field facility will be at the south end of the track complex.
- Tent city will be located behind the visitor bleachers near the 300 meter hurdle starting line. You will also be able to set up tents on the concrete areas around the home side of the bleachers if you wish. You will just need to bring weights for your tent.
- Weigh-ins for throwing implements will take place in the garage behind the press box. Weigh-ins will be from 10:00-11:10am.
- No tape on the runway or track, but chalk and tennis balls are allowed.
- If a cooling room is needed athletes will be allowed to sit inside in our atrium area between the pool and the gym. This area is located by entering the school building through the double doors behind the press box.
- Food for coaches will be provided. More details for this will come at the coaches meeting.
- Restrooms are available, but no locker rooms.
- There will be an athletic trainer on site.
- Only athletes warming up on the infield are allowed on the infield. No team camps.
- Each coach will receive a wristband in the coaches meeting in order to access the field.
- Only coaches will be allowed in the coaches boxes, you will not be allowed to camp on the infield.
- The bullpen will be located near the starting line.
- ¼ spikes or less on the track.
- Medals will be distributed at the conclusion of the meet.
- Admission is \$5.00
- Water will be provided near the finish line.
- Please see the Campus Map on page 6 for more information on locations of our facilities.
- If you have any questions, please feel free to contact either head coach.
 - Girls – Darrell Lewis (314) 691-3023
 - Boys – Brad DeMattei (618) 322-3975

Class 5, District 5 Track & Field Time Schedule

Saturday, May 14

Eureka High School

Field Events

<u>11:30 am</u>	<u>1:30 pm</u>	<u>3:30 pm</u>
Shot Put (B)	Javelin (B)	Discus (B)
Triple Jump (G)	Discus (G)	Shot Put (G)
Pole Vault (G)	Triple Jump (B)	Pole Vault (B)
Javelin (G)	Long Jump (G)	High Jump (G)
High Jump (B)		Long Jump (B)

Running Events

12:15 pm	Boys	110m Hurdles	Prelim	
12:25 pm	Girls	100m Hurdles	Prelim	
12:35 pm	Boys	100m Dash	Prelim	
12:45 pm	Girls	100m Dash	Prelim	
12:55 pm	Boys	4x800m Relay	Final	(Double Waterfall Start)
1:10 pm	Girls	4x800m Relay	Final	(Double Waterfall Start)
1:25 pm	Boys	200m Dash	Prelim	
1:30 pm	Girls	200m Dash	Prelim	
2:00 pm	Boys	110m Hurdles	Final	
2:05 pm	Girls	100m Hurdles	Final	
2:10 pm	Boys	100m Dash	Final	
2:15 pm	Girls	100m Dash	Final	
2:20 pm	Boys	4x200m Relay	Final	(Heats v. Time)
2:30 pm	Girls	4x200m Relay	Final	(Heats v. Time)
2:40 pm	Boys	1600m Run	Final	(Double Waterfall Start)
2:50 pm	Girls	1600m Run	Final	(Double Waterfall Start)
2:55 pm	Boys	4x100m Relay	Final	(Heats v. Time)
3:05 pm	Girls	4x100m Relay	Final	(Heats v. Time)
3:15 pm	Boys	400m Dash	Final	(Heats v. Time)
3:25 pm	Girls	400m Dash	Final	(Heats v. Time)
3:40 pm	Boys	300m Hurdles	Final	(Heats v. Time)
3:55 pm	Girls	300m Hurdles	Final	(Heats v. Time)
4:10 pm	Boys	800m Run	Final	(Double Waterfall Start)
4:25 pm	Girls	800m Run	Final	(Double Waterfall Start)
4:40 pm	Boys	200m Dash	Final	
4:45 pm	Girls	200m Dash	Final	
4:50 pm	Boys	3200m Run	Final	(Double Waterfall Start)
5:05 pm	Girls	3200m Run	Final	(Double Waterfall Start)
5:20 pm	Boys	4x400m Relay	Final	(3-Turn Stagger, Heats v. Time)

5:30 pm Girls 4x400m Relay Final (3-Turn Stagger, Heats v. Time)

District Work Assignments

Starter: Charlie Beck, Steve Baxter

Head Field Judge/Referee: Frank Greco

Field Events

Long Jump (Boys) – Smith-Cotton

Long Jump (Girls) – Capital City

Triple Jump (Boys) – Northwest

Triple Jump (Girls) – Eureka

High Jump (Boys) – Glendale

High Jump (Girls) – Northwest

Pole Vault (Boys) – Lebanon

Pole Vault (Girls) – Lafayette

Shot Put (Boys) – Central (Springfield)

Shot Put (Girls) – Glendale

Discus (Boys) – Capital City

Discus (Girls) – Lebanon

Javelin (Boys) – Lafayette

Javelin (Girls) – Waynesville

Games Committee

also serves as Jury of Appeals

Darrell Lewis - Eureka

Scott Gschwender - Capital City

Mark Kellogg - Central (Springfield)

Mike Rawlings - Waynesville

Matt Warren - Lafayette

Exchange Zone Judges

4x100 1st Exchange – Glendale, Lafayette

4x100 2nd Exchange – Lebanon, Northwest

4x100 3rd Exchange – Smith-Cotton, Waynesville

4x200 1st/3rd Exchange – Capital City, Central (Springfield)

4x200 2nd Exchange – Eureka, Officials

North Curve – Glendale

Back Stretch – Lebanon

South Curve – Northwest

Home Stretch – Smith-Cotton

Break Line Judge – Eureka

Hurdle Judges

Flight 1 is near start, Flight 10 is near finish

Hurdles 1 & 2 – Waynesville

Hurdles 3 & 4 – Lafayette

Hurdles 5 & 6 – Central (Springfield)

Hurdles 7 & 8 – Eureka

Hurdles 9 & 10 – Capital City

Eureka High School Campus Map

