

2023 Class 3 & 5 District 5 Track Meet

Saturday, May 13, 2023
Hosted by Waynesville High School
200 GW Lane, Waynesville, Missouri

Welcome to Waynesville High School for the District Track and Field Meet.

Below is information to help with the administration of the meet.

1. We will use the enclosed time schedule which is also posted on Mo Mile and Act Now Promotions.
2. Refer to your MSHSAA track and field manual for meet administration.
3. The games committee/jury of appeals will consist of:

Marcus Bridges	Fatima
Matthew Warren	Lafayette
Shane Rebmann	Lebanon
Joe Campbell Jr.	St. James
Mike Rawlings	Waynesville
Bret Lovekamp	Willard
Chris Waggoner	Willow Springs
4. Coaches meeting/scratch meeting will begin at **8:00 in the Lecture Hall on the far East Side of the HS building**. Scratches only, no substitutions. Entries are due in Mo Mile by Tuesday May 9th, at 12:00 PM. Any changes from that point would need to be communicated to MSHSAA (Lou Mazzacco) directly. Any scratches count as an event for that competitor.
5. All athletes must be in uniform in order to be allowed to enter the track and field. Any managers or coaches must be on the pass list and should be on the MSHSAA approved coaches list for your school. We will have wristbands for coaches to enter the field of competition and go to coaching boxes. Administration may enter through the main gate and must be on the pass list and will need to check in with a picture ID. Pass Lists are due Wednesday, May 10th.
6. Warm-up space is available for extended periods on the grass practice fields north of the stadium.
7. Excused time limit for athletes competing in field events to participate in other events is 15 minutes.

8. Filming and viewing of film must take place within coaches' boxes or unrestricted areas. Both Coaches and Athletes must be within the coach's box or unrestricted area to view video. **All electronic devices will still be illegal for all athletes.**
9. FOR EXCHANGE ZONES, THE USE OF "TENNIS BALL" TYPE MARKERS WOULD BE ALLOWED. FOR LONG, TRIPLE, POLE VAULT CHALK WOULD BE ALLOWED OFF TO THE SIDE OF THE ACTUAL RUNWAY. FOR HIGH JUMP, CHALK WILL BE ALLOWED DUE TO THE CHANCE THAT LOOSE MARKERS COULD BE DISLODGED DUE TO VARIOUS APPROACHES. THESE MARKINGS WILL BE USED FOR STARTING MARKS ONLY. CONTESTANTS SHALL BE PERMITTED TWO CHECK-MARKS IN THE JUMPING EVENTS. However, no continuous "J" marks are allowed, with no dimension exceeding 6" in any direction.
10. The bullpen area will be on the southwest corner of the track, nearest the high school. We ask that only those athletes checking in or warming up be in this area. Once checked in, they may warm up in the designated area on the turf. **Please stress to your athletes they should only be in these spaces immediately before and after their event.**
11. Waynesville will provide workers for the each event, participating schools will have assigned judging roles – roles are identified on the time schedule sheet.

Field Event specific information and procedures:

12. Opening heights and height adjustments will be set by the Games Committee per the approved MSHSAA State recommendations.
13. Implement weigh in will take place in the shed in the throwers area for all Class 5 events and Class 3 Javelin & Shot. Class 3 Discus Weigh-ins will take place at Waynesville Middle School for convenience (we will have officials at both locations). All implements will be pooled after weigh in. (See weigh in times below)

7:30 AM-8:30 AM Waynesville MS (Class 3 Discus only) and Waynesville HS Fieldhouse B concession.
12:30 PM-1:30 PM Waynesville HS Fieldhouse B concession.
14. The long jump and triple jump will be run cafeteria style with athletes having 1 hour and 30 minutes to complete their preliminary three (3) trials.
15. Finals in the long jump, triple jump, shot put and discus will be held 10 minutes after the finalists are announced with nine (9) finalists given three (3) additional attempts.

16. **RESTRICTED AREA.** Any area open to spectators is also an unrestricted area for coaches and athletes to confer. Coaches' boxes will be provided for Shot Put, Discus, and all jumping events taking place within the stadium. Coaches' boxes for jumping events held inside the track will be designated on the field. **NO COACHES WILL BE ALLOWED INSIDE THE FENCE UNLESS THEY ARE JUDGING RELAY EXCHANGES OR CURVE/HURDLE JUDGES.**

Miscellaneous Information and Procedures:

17. Coaches will be given a pass upon arrival. Coaches must wear this pass at all times in order to be in a restricted area. We will have a security person stationed at the bullpen. Anyone in a restricted area without a pass will be asked to leave. The meal ticket will provide you with a lunch and drink. Those meals will be available beginning at 12:00 in the Lecture Hall.
18. SPIKE LENGTH IS LIMITED TO 3/16 IN OR LESS.
19. Team busses need to drop athletes off and then park in front of the High School.
20. Admission is \$6 for students and adults. Only MSHSAA passes will be accepted. Spectator entrance will be at the main stadium entrance.
21. Use of any tobacco products are expressly prohibited at any MSHSAA Athletic Event. The field areas, parking lots, and adjacent school areas are under the jurisdiction of the school for the duration of the tournament.
22. Consumption or possession of alcohol is expressly prohibited at any MSHSAA Athletic Event. The field areas, parking lots, and adjacent school areas are under the jurisdiction of the school for the duration of the tournament.
23. Fans determined to be under the influence of alcohol or drugs by Waynesville personnel will be asked to leave the venue or removed.
24. 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.

Judging Assignments and Starting Heights

Starting Heights: TBD

Boys Pole Vault:	Class 5 <i>TBD</i>	Class 3 <i>TBD</i>
Girls Pole Vault:	Class 5 <i>TBD</i>	Class 3 <i>TBD</i>
Boys High Jump:	Class 5 <i>TBD</i>	Class 3 <i>TBD</i>
Girls High Jump:	Class 5 <i>TBD</i>	Class 3 <i>TBD</i>

Exchange Judges:

4x100: 1st (Central/St. James), 2nd (NW Cedar/Ava), 3rd (Lebanon/Salem)

4x200: 1st & 3rd (Eureka/Houston)

Curve Judges:

4x400: 1st (Mt. Grove), 2nd (Glendale), Break Line (Waynesville)

4x800: 1st (Camdenton), 2nd (Liberty), Break Line (Owensville)

1600: 1st (Willow Springs), 2nd (Lafayette)

3200: 1st (Fatima), 2nd (Capital City)

Curves will be coned

Hurdle Judges:

100/110 300

1&2: Cuba /Willard 1&2: Glendale/Blair Oaks

3&4: Central/Buffalo 3&4: Cuba/Liberty

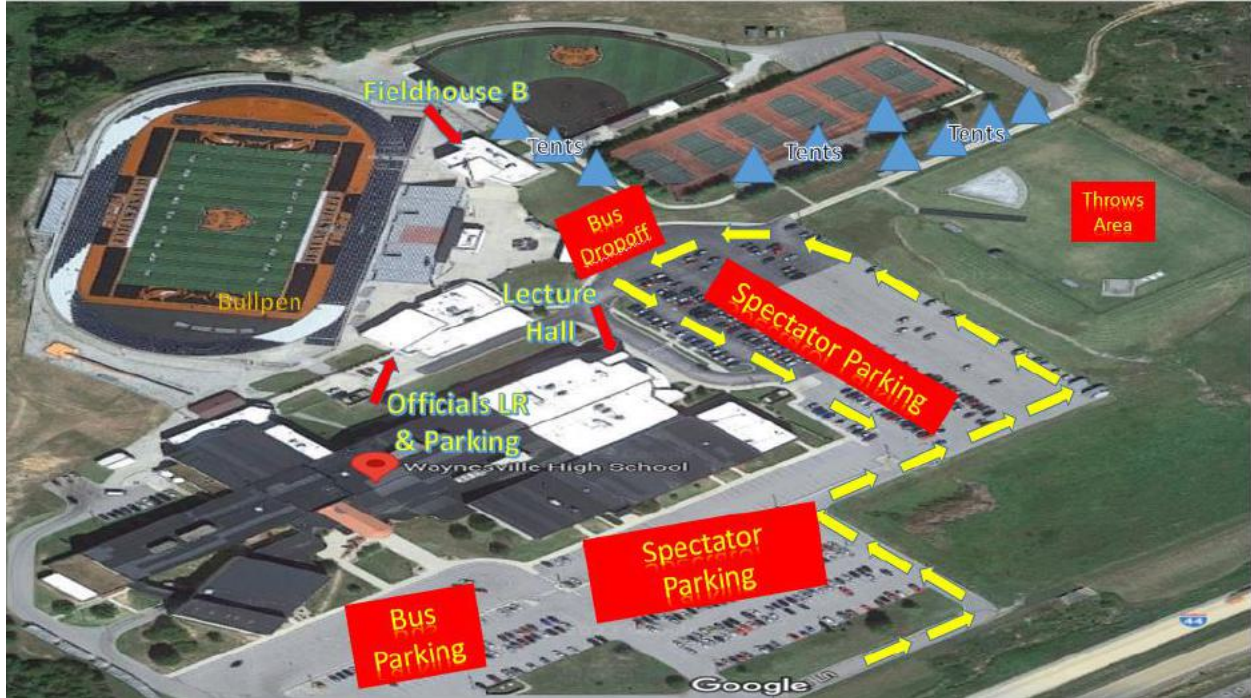
5&6: Lebanon/Salem 5&6: Mt. Grove/Buffalo

7&8: NW Cedar/Ava 7&8: Willard/Blair Oaks

9&10: Camdenton/Houston

Facilities Map

Waynesville High School (200 GW Lane Waynesville, MO 6583)



Waynesville Middle School (1101 Historic Rt. 66 Waynesville, MO 6583)





2023 Class 3 & 5
 District 5
 MSHSAA Track & Field
 Championships



Double District Schedule

[A] = Class 3

[B] = Class 5

*****Any conflicts for participants competing in multiple events should be communicated 24 hrs before the meet to make pre-arrangements to ensure completion of those events*****

Field Events

JAVELIN & DISCUS

8:30-10:00 AM

Girls Discus [A] @ WMS
 Girls Javelin [B]

12:00-1:30 PM

Girls Javelin [A]

3:30-5:00 PM

Girls Discus [B]

10:15-11:45 AM

Boys Discus [A] @ WMS
 Boys Javelin [B]

1:45-3:15 PM

Boys Javelin [A]

5:15-6:45 PM

Boys Discus [B]

POLE VAULT

8:30-10:20 AM

Boys Pole Vault [A]

11:00 AM-1:00 PM

Boys Pole Vault [B]

1:30-3:30 PM

Girls Pole Vault [A]

4:00-6:00 PM

Girls Pole Vault [B]

JUMPS & SHOT PUT

9:00 – 10:30 AM

Girls High Jump [B]
 Boys Long Jump [B]
 Girls Triple Jump [A]
 Boys Shot Put [B]

11:00 AM – 12:30 PM

Girls High Jump [A]
 Boys Long Jump [A]
 Girls Triple Jump [B]
 Girls Shot Put [B]

1:00 – 2:30 PM

Boys High Jump [B]
 Girls Long Jump [B]
 Boys Triple Jump [A]
 Girls Shot Put [A]

3:00 – 4:30 PM

Boys High Jump [A]
 Girls Long Jump [A]
 Boys Triple Jump [B]
 Boys Shot Put [A]



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Running Events [A] will run then [B]

10:30 AM	Girls	100m Hurdles	Prelim
10:45	Boys	110m Hurdles	Prelim
11:00	Girls	100m Dash	Prelim
11:15	Boys	100m Dash	Prelim
11:30	Girls	4x800m Relay	Final (Double Waterfall Start)
11:42	Boys	4x800m Relay	Final (Double Waterfall Start)
11:54	Girls	200m Dash	Prelim
12:06 PM	Boys	200m Dash	Prelim
12:18	Girls	4x800m Relay	Final (Double Waterfall Start)
12:30	Boys	4x800m Relay	Final (Double Waterfall Start)
12:50	Girls	100m Hurdles	Final
12:55	Boys	110m Hurdles	Final
1:00	Girls	100m Dash	Final
1:05	Boys	100m Dash	Final
1:10	Girls	4x200m Relay	Final (Heats v. Time)
1:24	Boys	4x200m Relay	Final (Heats v. Time)
1:38	Girls	1600m Run	Final (Double Waterfall Start)
1:58	Boys	1600m Run	Final (Double Waterfall Start)
2:18	Girls	4x100m Relay	Final (Heats v. Time)
2:30	Boys	4x100m Relay	Final (Heats v. Time)
2:45	Girls	400m Dash	Final (Heats v. Time)
3:00	Boys	400m Dash	Final (Heats v. Time)



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3:15	Girls	300m Hurdles	Final (Heats v. Time)
3:30	Boys	300m Hurdles	Final (Heats v. Time)
3:45	Girls	800m Run	Final (Double Waterfall Start)
3:58	Boys	800m Run	Final (Double Waterfall Start)
4:11	Girls	200m Dash	Final
4:17	Boys	200m Dash	Final
4:23	Girls	3200m Run	Final (Double Waterfall Start)
4:50	Boys	3200m Run	Final (Double Waterfall Start)
5:15	Girls	4x400m Relay	Final (3-Turn Stagger, Heats v. Time)
5:35	Boys	4x400m Relay	Final (3-Turn Stagger, Heats v. Time)