



Class 5, Sectional 3 Meet
May 20th, 2023
JFK Stadium, Springfield, MO



- Location:** JFK Stadium, 1350 S. Grant Street, Springfield, MO
- Admission:** \$8.00 - Ticket sales are completely online, please visit <https://www.mshsaa.org/CMSPages/Tickets.aspx> to order your tickets. Search for Class 5 Section 3
- Passlist:** Passlists will be automatically forwarded from your District pass list. Please update with your AD.
- Teams Attending:** District 5 - Camdenton, Capital City, Central, Eureka, Glendale, Lafayette (Wildwood), Lebanon, Northwest (Cedar Hill), Waynesville, Willard
District 6 - Branson, Carthage, Joplin, Kickapoo, Neosho, Nixa, Ozark, Parkview, Republic
- Games Committee:** Parkview, Capital City, Carthage, Branson, Waynesville
- Officials:** Mike Reece - Starter, JR Collins - Assistant Starter, Jim Williams - Field Judge
- Time Schedule:** See detailed time schedule at the end of this document
10:45 - Coaches Meeting - Hospitality Room
10:30 - 12:00 - Implement Weigh In - Outside locker room behind home stands
- Entries:** Entries will be forwarded after the completion of District Meets. Entry verifications and adjusting relay rosters can be completed until 12:00 PM on Tuesday, May 16th, 2023 on <https://mo.milesplit.com/> .
- Scratches:** Coaches can make scratches only at the Coach's Meeting. All scratches made after the meeting count as a completed event
- Spikes/Equipment:** Up to 3/16" Pyramid Spikes only. Violators will be disqualified. No spikes in the bleachers. Each athlete is responsible for their own equipment.
Blocks will be provided and the block crew will provide block holders.
Implements will be weighed and measured from 10:30 - 12:00 outside the locker room on the pavilion behind the home stands. Implements will be impounded and transported to the throws area for competition.

Bullpen: All events will bullpen on the field near the endzone on the high jump/pole vault side of the field. Athletes will be escorted from the bullpen to the start line after last call.

Markings: Chalk and tennis balls can be used for marking purposes. Tape can't be used at any time.

Meet Administration:

Field Events:

Springfield Public Schools Middle School coaches will be providing field event judges for each field event. Field Event workers will be provided by SPS schools.

Exchange Zone Judges:

Exchange Zone Flags will be at the exchange zone. Reminder that the exchange zone is now 30 m long for the 4x100m and 4x200m Relays. The track is marked with large triangles at the beginning and end of the exchange zones.

4x200 Relay

1st/3rd – Northwest/Neosho

4x100 Relay

1st – Waynesville/Branson

2nd – Capital City/Joplin

3rd – Central/Carthage

Hurdle Judges:

100/110

1/2 - Lafayette

3/4 - Nixa

5/6 - Eureka

7/8 - Parkview

9/10 - Camdenton

300

1 - Kickapoo

2 - Willard

3 - Ozark

4 - Lebanon

5/6 - Glendale

7/8 - Republic

Field Events:

Long Jump, Triple Jump, Shot Put, Discus, Javelin - Each competitor will be given 4 attempts. The event will be run in reverse qualification order.

High Jump, Pole Vault - The event will be conducted in reverse qualification order. Opening Heights will be determined by the Games Committee and will be sent out prior to the meet

Hospitality Room: Lunch will be served at 12:00 in the hospitality room in the upper locker room.

Tents: Tents only in the area in the grass to the northwest of the track and the area between the home stands and the baseball field. Please do not put tents in the area by the hospitality room.

Locker Rooms: Locker Rooms are not available. Please ask athletes to refrain from entering locker rooms. Restrooms are available behind the stands and on the backstretch of the track.

Scoring/Awards: Medals will be awarded to the top 4 in each event. Top 4 in each event advance to the state meet.

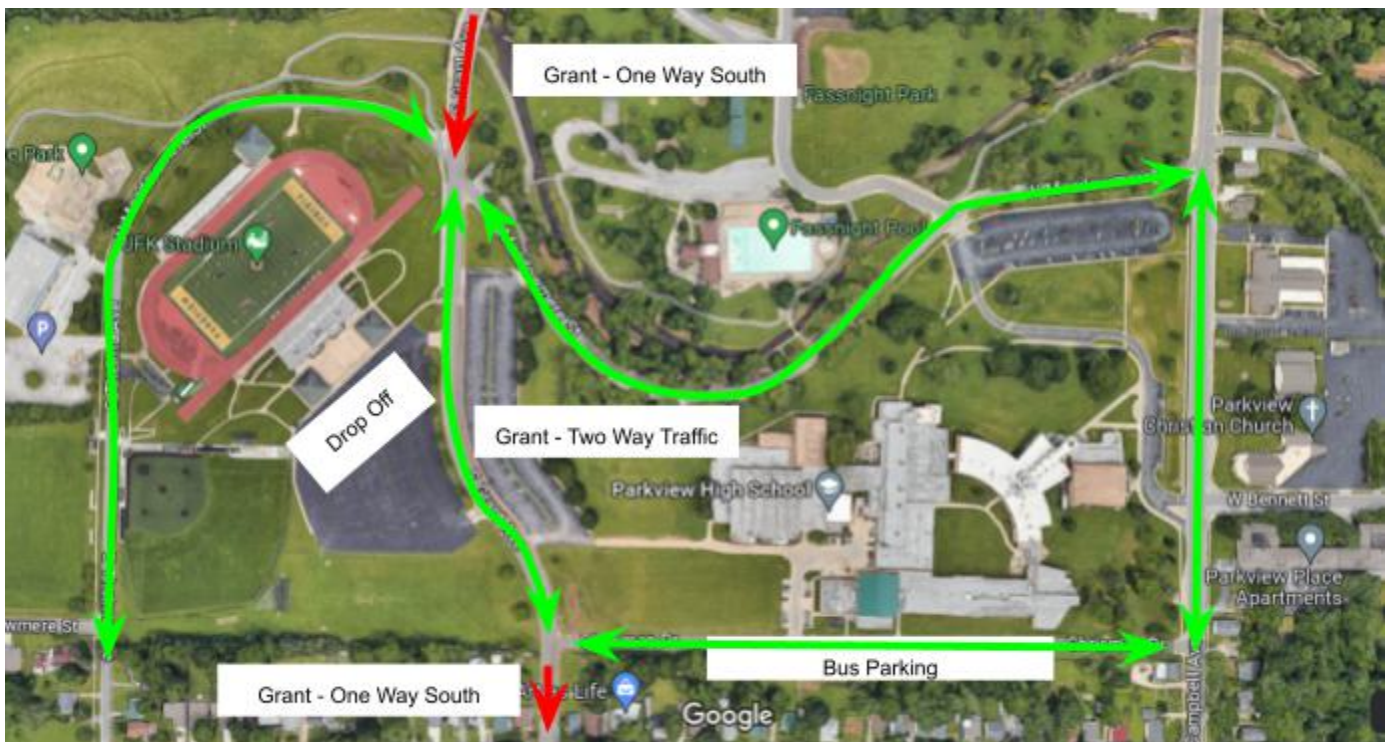
Results: Live results will be posted on mo.milesplit.com. Results will also be posted on tables in the pavilion area behind the home stands. Results will be submitted to MoMileSplit.com and will be added to the MSHSAA Performance List. Results will also be e-mailed to all coaches that evening or the next morning.

Spectator Area: All spectators should view running events and jumping events from the stands. Throwing events can be viewed at the throwing areas outside the stadium south of the parking lot.

Concessions: Concessions will be sold behind the stands.

Practice: The facility is available for practice on Friday night, May 19th from 4:30-6:30. Please contact Jay Miller, jmiller3@spsmail.org, or Cole Dishman, cadishman@spsmail.org, if you would like to practice.

Parking/Drop Off: Please drop off in the JFK parking lot. Bus Parking along Chrisman Drive south of Parkview High School



For Information: Contact Cole Dishman, Parkview AD, 417-523-9200, cadishman@spsmail.org, or Jay Miller, Parkview Head Coach, jmiller3@spsmail.org, 417-894-6455 (cell)



Class 5, Sectional 3
Sectional Meet
May 20th, 2023



Coaches Meeting - 10:45 - Hospitality Room

Implement Weigh In - 10:30 - 12:00 - Implements will be collected and brought to the field event site

Field Events (All Finals - 4 attempts on all horizontal events)

All Field Events will have 45 minutes to contest the event and a 30 minute warm up time. Warm up time will begin 30 minutes before the beginning of the event

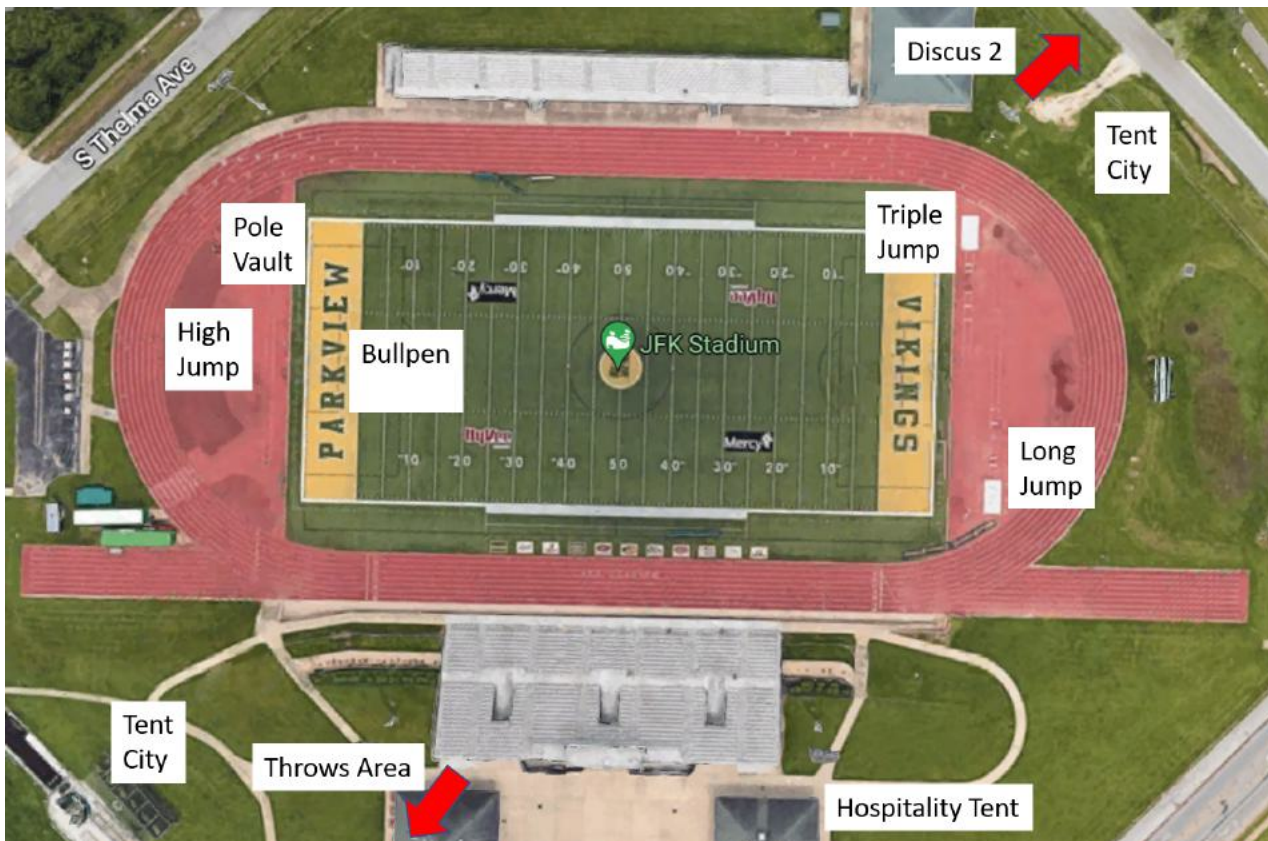
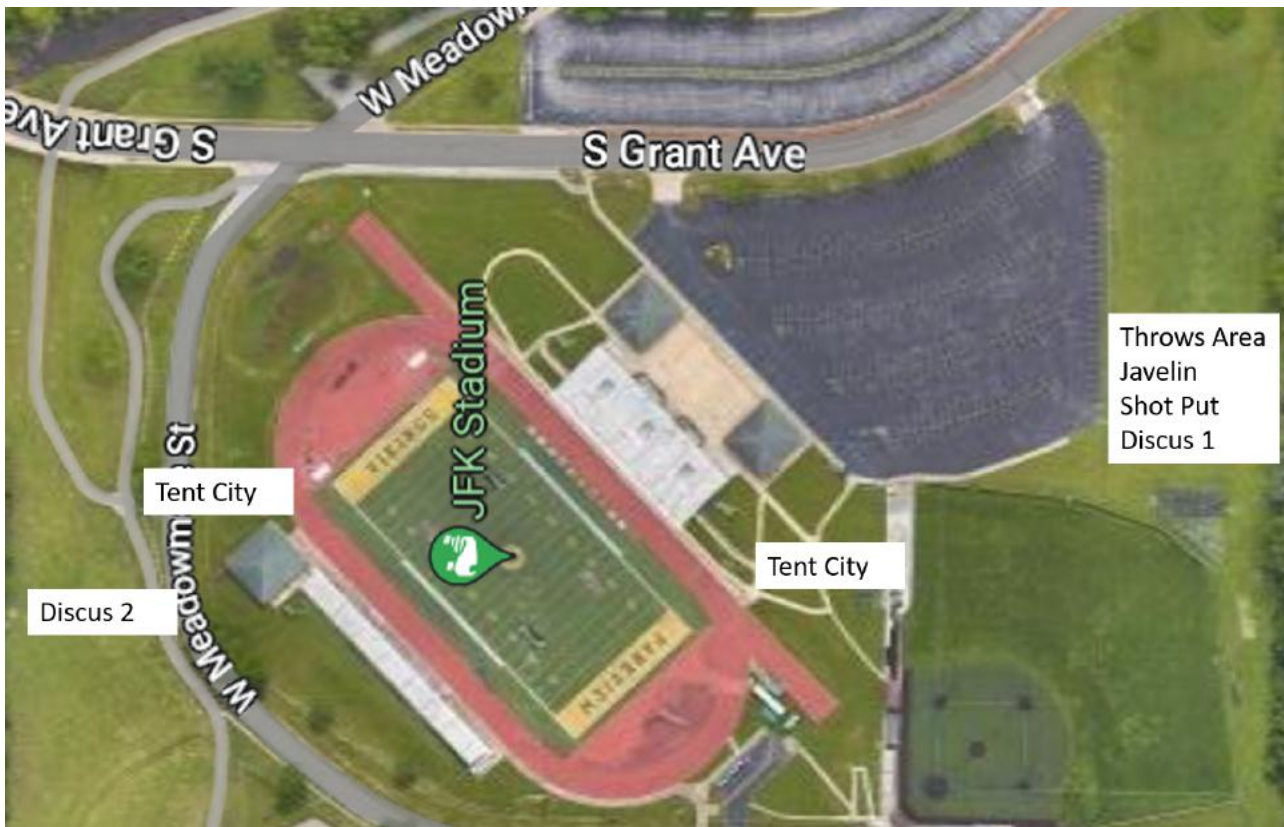
<u>11:30 AM</u>	<u>12:45 PM</u>	<u>2:00 PM</u>	<u>3:15 PM</u>
Triple Jump (Girls)	Triple Jump (Boys)	Long Jump (Girls)	Long Jump (Boys)
High Jump (Boys)	Pole Vault (Girls)	Pole Vault (Boys)	High Jump (Girls)
Javelin (Girls)	Javelin (Boys)	Discus (Girls)	Discus (Boys)
Shot Put (Boys)	Shot Put (Girls)		

Running Events (All Finals)

12:00 PM	Girls	4x800m Relay
12:15	Boys	4x800m Relay
12:30	Girls	100m Hurdles
12:35	Boys	110m Hurdles
12:40	Girls	100m Dash
12:45	Boys	100m Dash
12:55	Girls	4x200m Relay
1:05	Boys	4x200m Relay
1:15	Girls	1600m Run
1:25	Boys	1600m Run
1:35	Girls	4x100m Relay
1:45	Boys	4x100m Relay
1:55	Girls	400m Dash
2:05	Boys	400m Dash
2:20	Girls	300m Hurdles
2:30	Boys	300m Hurdles
2:40	Girls	800m Run
2:50	Boys	800m Run
3:00	Girls	200m Dash
3:10	Boys	200m Dash
3:20	Girls	3200m Run
3:35	Boys	3200m Run
3:50	Girls	4x400m Relay 3-Turn Stagger
4:00	Boys	4x400m Relay 3-Turn Stagger

- A rolling schedule shall only be used in the case of inclement weather.

Map of the Facility:





Discus 1

Shot Put

Javelin