



COLBY MIDDLE SCHOOL
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Principal
Chris Gardner

Activities Director
Travis Betz

Colby Middle School Track Tri
Thursday, April 18, 2024
3:00PM

To: Athletic Directors and Track Coaches
From: Travis Betz
RE: Colby Middle School Track Meet
Location: Dennen Field – 1600 W 3rd St.
Teams: Colby, Goodland and Oakley

Times:

- 1.) Coaches Meeting – 2:30 in the Locker Room south side of track-
between the two Bus Barns.
Pole Vault weight verification forms and Sportsmanship cards are due at this time.
- 2.) Field Events – 3:00 p.m.
- 3.) Running Events – 3200M Run – Approx. 3:15 p.m.
Remaining Running Events will start @ approx. 5:00 p.m.

Entries: We will use ks.milesplit.com for our entries

- Go to ks.milesplit.com
- Click on “Calendar” at top of the screen
- Choose the meet you are registering for “Colby MS Tri”
- Click on “Registering Now”
- Click on “next” at the bottom of the screen
- If you’re new to milesplit type in your school name in the search box and click “search”
- Choose your team from the list at the bottom of the screen
- Click on “Claim this Team”
- Fill in the 3 boxes and click on “Submit Claim”
- It may take several hours (up to 24) for your account to get approval

Entries due online by Tuesday, April 16th @ 8:00 p.m. We will be using online entries at ks.milesplit.com to enter athletes. Please assign a time or distance to athletes so they can be heated accordingly. If there is no time, the athlete will be randomly assigned a heat. UNLIMITED ENTRIES FOR ALL EVENTS.

*Field events will begin at 3:00 p.m. The 7th/8th girls and boys will run the 3200M at the same time with an approximate start time of 3:15 p.m.

*Please refer to the attached schedule for specific times and locations. We will allow unlimited entries. Current KSHSAA guidelines regarding the number and type of events that may be entered will be followed.

*A hospitality room for coaches, administrators, bus drivers and adult workers will be provided. The hospitality room is in the locker room on the south side of the track- between the two bus buildings.

*Camping areas for teams northeast corner of parking area. No glass bottles or containers are allowed inside the track area. Please keep the camp area clean. Please ensure that all tape from track is removed following your event.

*Bus parking is located along west 1st street by the bus garage on the south side of the track.

*Locker rooms are unavailable.

*Restroom and concession facilities are available at the east end of the track.

*Track Conditions: Our metric track and runways are rubberized. No spikes longer than ¼ inch will be allowed on the track or runways. Discus & Shot rings are cement.

Scoring: 5-3-2-1 for all individual events / 5-3 for all relays

Order of Field Events:

Javelin-7th Boys-8th Boys- (practice field east of the track facility; north of fairgrounds)

Javelin-8th Girls-7th Girls (south of the track and tree row)

Pole Vault - 8th Boys – 8th Girls – 7th Boys – 7th Girls

High Jump – 8th Girls – 8th Boys -- 7th Girls – 7th Boys

Shot Put – South Ring 8th Girls – 7th Girls / North Ring 8th Boys – 7th Boys

Discus – East Ring 7th Girls – 8th Girls / West Ring 7th Boys – 8th boys

Long Jump - East Pit 7th Girls – 8th Girls / West Pit 7th Boys – 8th Boys

Triple Jump will follow immediately after the long jump – same order

Field Events: Three attempts in discus, shot put, triple jump, and long jump. High Jump and Pole Vault will have three attempts at each height.

High Jump - Starting Height

7th Girls – 3'8" 7th Boys – 4'0"

8th Girls – 3'8" 8th Boys – 4'2"

Pole Vault – Starting Height

7th Girls – 5'0" 7th Boys – 6'0"

8th Girls – 5'0" 8th Boys – 6'0"

Warm up attempts are not allowed unless supervised by an event official or coach. At the conclusion of field events make sure that all implements are removed from the area. Please ensure that athletes stay off of the high jump and pole vault pits.

Running Events:

*Starting blocks will be provided.

Check in for running events will be at the table located in the west end zone directly in front of the goalpost.-THIS IS NEW THIS YEAR!

Hurdle Events: for 7th & 8th grade girls and 7th grade boys will have hurdles on lowest height. 8th grade Boys will be 3" higher. **200M Hurdles** will have five hurdles with the first hurdle placed at the **Second mark, approx. 50M from the start.**

Running Events: 3200M run – approximate 3:15 p.m. start – 7th and 8th Girls & Boys will start at the same time

The Following Running Events start at approximately 4:30 p.m.

All running events 7th girls followed by 8th girls, then 7th boys followed by 8th boys
We will be running the girls and boys relay races together to save time.

4X800M Relay
100M Hurdles
100M Dash
1600M Run
4X100M Relay
400M Dash
4X200M Relay
800M Run
200M Hurdles
200M Dash
4X400M Relay

Bus Drivers can park on West 1st Street on the south side of the football field

