



**SCMS INVITATIONAL TRACK MEET**  
**Tuesday, April 25, 2023**  
**9:00 AM**

Cimarron Middle School	Horace Good Middle School- Garden City
Colby Middle School	Kenneth Henderson Middle School- Garden City
Goodland Jr. High	Kepley Middle School- Ulysses
Hays Middle School	Seymour Rogers Middle School
Holcomb Middle School	Scott City Middle School

**Pole Vault- 9:00 AM**  
**All other field events – 9:30 AM**  
**3200m Run – 11:00 AM**  
**4 x 800m Relay- 11:30 AM**  
**Running Events- 12:00 PM**

- The meet will consist of four divisions: 7<sup>th</sup> boys, 7<sup>th</sup> girls, 8<sup>th</sup> boys and 8<sup>th</sup> girls. Entry fee will be **\$120.00 for a complete team.**
  - **Entries: Due online by Monday, April 24, 6:00pm, Central Time.** We will be using MileSplit to enter athletes: <https://ks.milesplit.com/teams> - Instructions are attached in the email.
    - If you have questions please email Dennis Weber at [dennis@heartlandtiming.com](mailto:dennis@heartlandtiming.com)
  - Each team will be limited to three (3) entries per individual event, two (2) entries in pole vault and one (1) entry per relay event. (**Please note:** Hip numbers on the right hip for EVERY runner in EVERY heat on the track before each race.)
- **Scratch Meeting: 8:30 AM** in the hospitality room @ the southeast corner building of the track. There will be rolls and juice for the coaches. Turn in POLE VAULTER'S WEIGHT VERIFICATION FORM and the SPORTSMANSHIP & LEGAL UNIFORM MESSAGE CARD at this time. All running event scratches must be made at the 8:30am scratch meeting. Changes in field events will be done at the events.
- **Rules:** KSHSAA rules will be followed.
- **Scoring:** Running Events, Relays and Field Events
  - 1<sup>st</sup> – 10 points
  - 2<sup>nd</sup> – 8 points
  - 3<sup>rd</sup> – 6 points
  - 4<sup>th</sup> – 4 points
  - 5<sup>th</sup> – 2 points
  - 6<sup>th</sup> – 1 point
  - Medals will be awarded to the first 3 places in each event.
- **Starting Blocks:** Will be furnished.
- **Hurdles:** 30" for 7<sup>th</sup> girls, and 8<sup>th</sup> girls. 33" for 7<sup>th</sup> and 8<sup>th</sup> boys.

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- **Field Events:** There will be 3 attempts in the discus, javelin, shot put, triple jump and long jump. The high jump and pole vault will have 3 attempts at each height.
- **Spikes:** The track, long jump, triple jump, pole vault and high jump are a seal-flax surface. **One-eighth inch spikes** or running shoes should be used. Shot put and discus are concrete so no spikes allowed.
- **Concessions & Restrooms:** Available north of the west grandstand.
- **Hospitality Room:** Located in the building on the southeast corner of the field.
- **Camps:** Please set up camp in the east grandstand or south of the west grandstand, in the grass.
  - **Please leave the entire west grandstand available for spectators.**
  - Teams using the east side bleachers should not sit on the wall and hang their feet over the edge. This may interfere with lane 8 runners and result in disqualification or team point loss.
  - PLEASE CLEAN YOUR "CAMP" AND BUS AREAS BEFORE LEAVING.

COACHES,

PLEASE HELP KEEP STUDENTS BEHIND ALL ROPE BARRIERS, AWAY FROM TIMERS, and FINISH LINE VOLUNTEERS.

**Administrator(s) in Charge:** Jana Irvin and Dustin Hughes

**Bus Parking:** You can drop off south or west of the track. Please have your bus drivers park in the grass lot East of the practice football field behind the tree row.

Scott City Middle School  
809 W 9<sup>th</sup> St  
Scott City, KS 67871

(620) 872-7640

Dustin Hughes  
Assistant Principal & Athletic Director  
[dhughes@usd466.org](mailto:dhughes@usd466.org)  
Cell: 620-874-0153

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**Tuesday, April 26, 2022**  
**Schedule of Events**

\*Pole Vault will begin at 9:00am. All other field events will begin at 9:30am.

Field events: 9:30 AM			
Event	Location	Order	Height/Weight
High Jump	South Pit	7G 8G 7B 8B	7G: 3'10" 8G: 4'2" 7B: 4'6" 8B: 4'8"
Pole Vault	East Side of Track	7B 8B 7G 8G	7B: 6'6" 8B: 7' 7G: 5'6" 8G: 6'
Javelin	Practice FB Field	7G 8G 7B 8B	
Long Jump	Boys: Southwest Pit Girls: Southeast Pit	8B 7B 8G 7G	
Triple Jump	<b>Will Follow Long Jump</b> Boys: Southwest Pit Girls: Southeast Pit	7B 8B 7G 8G	
Shot Put	Girls: East Ring Boys: West Ring	7G 8G 7B 8B	6 lbs 4 kilo
Discus	Girls: West Ring Boys: East Ring	8G 7G 8B 7B	

**3200m Run            11:00 AM**  
**4 x 800m Relay    11:30 AM**

Running Events: 12:00 PM	
Event	Order
100m Hurdles	7G 8G 7B 8B
100m Dash	7G 8G 7B 8B
1600m Run	7G 8G 7B 8B
4 x 100m Relay	7G 8G 7B 8B
400m Dash	7G 8G 7B 8B
4 x 200m Relay	7G 8G 7B 8B
800m Run	7G 8G 7B 8B
200m Hurdles	7G 8G 7B 8B
200m Dash	7G 8G 7B 8B
4 x 400 Relay	7G 8G 7B 8B

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# Pre-Activity Timeout

- Administrators:** Matt Bayer (HS Principal) - 620-640-4161  
Aaron Dirks (HS AP/AD) - 620-874-0947  
Jana Irvin (MS Principal) - 620-214-0164  
Dustin Hughes (MS AP/AD) - 620-874-0153
- Medical Professionals:** Football - Ambulance located at the SE corner of the field.  
Basketball/Volleyball - Ambulance will pull up to the closest entrance to the injured person.
- AED Locations:** Football Field - Ambulance & Field House  
SCHS - North Wall of Commons  
SCMS - Office  
SCES - In the Hallway by the Gym Entrance
- Emergency Exits:** Football - Exit Stadium/Field  
SCHS - NE,NW,SW, & S Corners of the Gym  
SCMS - Aux Gym - North and South East Exits  
SCMS - Main Gym - N, NW, SW, SE ends of Gym  
SCES - All Corners of the Gym
- Storm Shelter:** Football - Locker Rooms/High School Basement  
Basketball/Volleyball - Locker Rooms
- Rapid Body Cooling Plan:** Football - Cold Tubs in the Field house and VS. Locker Room  
Basketball/Volleyball - Cold Showers in Locker Rooms
- Communication:** Administration - Exchange of contact information.  
Public - Public Address Announcement

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