

FRONTIER LEAGUE TRACK MEET
Spring Hill High School, 19701 S. Ridgeview Road

TO: Athletic Directors and Track Coaches at Baldwin, Eudora, Louisburg, Ottawa, Paola, Spring Hill, Woodland Spring, Bonner Springs, Tonganoxie, Forest Spring, Louisburg

DATE OF MEET: Friday, May 3rd, 2024 & Saturday, May 4th

TIME Friday PM: 3:30 – Make all scratches in the press box
4:00 – Field events begin
4:30 – 3200 M Run

TIME Saturday AM: 8:30 – Make all scratches in the press box
9:00 – 100 H begin
9:00 – 8th Grade Boys & Girls Pole Vault

SUBSTITUTIONS: Can only be made in place of a scratch, additions, or changes prior to the meet. Make these changes as soon as you arrive and report to the press box.

ENTRIES: All entries are to be done online through MileSplit Registration. First you will need to have your team entered (claimed). Most teams have this done now, as we have used this system for the last couple of years. Just go to [https://ks.milesplit.com/pages/Online Meet Reg Instructions](https://ks.milesplit.com/pages/Online_Meet_Reg_Instructions) if you need to do this. This could take a few hours for confirmation so don't wait until the last minute. Your meet <https://ks.milesplit.com/meets/603615-forest-spring-league-meet-2024> or by searching for the meet under "Calendars" It will be listed as the meet "Forest Spring League Meet" on 5-4-24 Entry deadline is **Thursday, May 3rd at 9:00 am.**

LIMIT: 3 team entries per event (only 1 relay per school per grade) and 4 events per athlete.

LAST HEATS: The fastest times and longest jumps/throws will be in the last heats.

SCORING: All events 10-8-6-4-2-1

AWARDS & RESULTS: Medals will be awarded to the top 3 places in each event. Ribbons will be awarded for places 4-6. Awards will be available in the press box after the meet, results will be emailed and can also be found on [Eagle Eye Timing](#).

LOCATIONS:

Shot rings are south of the track, Girls west, Boys east

Discus rings are south of the track, Girls east, Boys west

High Jump is inside of the track on the south end, Girls west, Boys east

Long Jump runways are southwest of the track

Pole Vault southeast of the track

STARTING HIGH JUMP HEIGHTS: 7G 4'0" 8G 4'2" 7B 4'0" 8B 4'6"

STARTING POLE VAULTS HEIGHTS: 7G 5'6" 8G 6'0" 7B 5'6" 8B 6'0"

BUS PARKING: North end of the main parking lot in front of the building.

TEAM CAMPS: Teams should make camp in the visitors' bleachers and surrounding area located on the east side or in the grass areas by the visitors' stands, well away from the track. *Please have your team pick up their trash at the end of the meet!*

GENERAL INFORMATION: There WILL NOT be any preliminary rounds. All running events will be finals (fastest heats last). There will be 4 throws and long jumps. Please keep athletes off the football field as much as possible, this area is only for athletes that are warming up or waiting for a race.

CONCESSIONS: There will be concessions.

HOSPITALITY: There will be hospitality for coaches, workers, and bus drivers located towards the south end of the concession stand in the trainers room. There will be signage to show location.

QUESTIONS: Call Lindsey Bales at 316-512-6100 or email baleslin@usd230.org

ORDER OF EVENTS:

FIELD EVENTS: Friday, May 3rd – No Preliminary Rounds – 4 throws & jumps

4:00 PM

- 8th Girls Long Jump (east pit)
- 8th Boys Long Jump (west pit)
- 8th Girls Shot (west ring)
- 8th Boys Shot (east ring)
- 7th Girls Discus (east ring)
- 7th Boys Discus (west ring)
- 7th Girls High Jump (west pit)
- 7th Boys High Jump (east pit)
- 7th Boys & Girls Pole Vault

Followed by:

- 7th Girls Long Jump (east pit)
- 7th Boys Long Jump (west pit)
- 7th Girls Shot (west ring)
- 7th Boys Shot (east ring)
- 8th Girls Discus (east ring)
- 8th Boys Discus (west ring)
- 8th Girls High Jump (west pit)
- 8th Boys High Jump (east pit)

4:30 PM – (Hand Timed)

- 7th Girls and Boys 3200 M Run (may be combined)
- 8th Girls and Boys 3200 M Run (may be combined)

RUNNING EVENTS: 8th B & G PV, Saturday, May 4th – No Preliminary Rounds

9:00 AM (order will be 7G, 7B, 8G, 8B)

100 M Hurdles (7th 30", 8th 33")

100 M Dash

1600 M Run

4x100 M Relay

400 M Dash

4x200 M Relay

800 M Run

200 M Dash

Sprint Medley Relay (100-100-200-400)

4x400 M Relay

9:00 AM – 8th Grade Boys & Girls Pole Vault