

# **BUFFALO TRACE**

## **TRACK & FIELD 2022**

### **VARSITY & MIDDLE SCHOOL**

- When:** Friday, May 13, 2022
- Where:** Bracken County High School, 350 West Miami St. Brooksville KY 41004
- Meet Dir:** Rick Staviski, [rick.staviski@bracken.kyschools.us](mailto:rick.staviski@bracken.kyschools.us) or 606-336-0028
- Starter:** Tim Henderlight
- Timer:** Tim King
- Time:** Track will open for warm-ups at 5:00pm. Coaches meeting 5:45pm  
Track Events 6:00pm/Field Events 6:00pm. Rolling Schedule.
- Facility:** An eight-lane, rubberized, 400-meter track with lights & 1 large bleacher area.  
A small grassy area for tents (NO Tents in the bleachers)  
Concession will be available  
Public restrooms will be available but no dressing rooms or showers.
- Admission:** Cost \$5. Student in 3<sup>rd</sup> Grade and under are permitted Free
- Events:** All standard HS & MS events will be offered excluding pole vault
- Entries:** Upload Team Entries NLT 11:00 p.m., May 11 on [ky.milesplit.com](http://ky.milesplit.com) under Buffalo Trace Conference.  
4 Individual and 1 Relay per Team. (No B Teams)  
Field events are limited to 3 attempts.
- Scoring:** 10, 8, 6, 5, 4, 3, 2, 1 (Depending on number of teams present)  
Top 2 score in each event.
- Entry Fees:** \$30 per Team. Boys & Girls are separate teams. \$60 for both.  
(High School and Middle School are separate teams)
- Awards:** Ribbons 1<sup>st</sup> - 8<sup>th</sup> (V/MS). Trophies 1<sup>st</sup> & 2<sup>nd</sup> (V). Trophies 1<sup>st</sup> & 2<sup>nd</sup> (MS)
- Clerking:** Check-In for all Running Events will be at the 100 Meter start line.  
Field Events will Check-In at the event site.

**This Meet is restricted to schools in Bracken, Mason Co, Lewis, Robertson, and Fleming Counties.**

## ORDER OF FIELD EVENTS

### Section 1

- 6:00** 1) MS Girls Shot Put (2.720kg {6lb})  
2) HS Girls Shot Put (4kg)  
1) MS Boys Discus- (1kg)  
2) HS Boys Discus-(1.6kg)  
Girls High Jump  
Boys/Girls Long Jump (open pit 45 minutes)

### Section 2

- 6:45** 1) MS Boys Shot Put (4kg)  
2) HS Boys Shot Put (12lb)  
Girls Discus-1kg  
Boys High Jump  
Boys/Girls Triple Jump (open pit 45 minutes)

**Section 2 of any of the field events could begin earlier than 6:45 if section 1 has finished.**

## ORDER OF TRACK EVENTS

- 6:00** 4 x 800 meter relay –G/B  
\*100 MS hurdles –G/B  
100/110 hurdles -G/B  
100 meter dash –G/B  
4 x 200 meter relay –G/B  
1600 meter run –G/B  
4 x 100 meter relay –G/B  
400 meter dash –G/B  
\*300 meter hurdles –G/B  
800 meter run –G/B  
200 meter dash –G/B  
3200 meter run –G/B  
4 x 400 meter relay –G/B

\* 100 meter hurdles: Distance/Number/Height/To 1<sup>st</sup>/Between/Last to Finish

MS Girls = 100m/10/30"/13m/8m/15m

MS Boys = 100m/10/30"/13m/8.5m/10.5

\* 300 meter hurdles: MS B/G 30"

**We Will need assistance to manage field events, and Relay Exchange Zones.**

Any questions please contact coach Staviski @ 606-336-0028.

[rick.staviski@bracken.kyschools.us](mailto:rick.staviski@bracken.kyschools.us)

-All info, with the exception of the Entry Fee, is subject to change.