

## 2023 Knob Noster Track and Field Invitational

Date: Tuesday, April 25th

Contact: Mark Carey [Mcarey@knobnoster.k12.mo.us](mailto:Mcarey@knobnoster.k12.mo.us)

Location: Knob Noster High School

504 S. Washington Knob Noster, MO 65336

Leslie Brown, Head Coach [lbrown@knobnoster.k12.mo.us](mailto:lbrown@knobnoster.k12.mo.us)

**Entry fee: \$125 per team, \$200 for both boys and girls teams or Admission for fans: \$10 Per Athlete Free**

**Checks payable to: Knob Noster High School 504 S. Washington, Knob Noster, MO 65336**

**ATTN: Mark Carey**

Coaches, spouses and administrators are allowed for free.

Adults: \$5.00 18 and under - FREE

Concessions will be available.

Buses park in the school parking lot on the north end.

**No tents allowed on the turf.** Tents may be set up behind the press box, by the shot put & pole vault areas only. No spectators allowed on the field at any time. No pets allowed on the premises. **Absolutely no food or drink of any kind allowed on the turf, including sunflower seeds!**

**MAXIMUM SPIKE LENGTH OF 1/8"**

No warmup on turf once the meet begins.

**Shot put and discus warm up in respective competition areas only, not on the turf or track.**

We will provide complimentary tickets for a meal from the concession stand for coaches and bus drivers.

## Schools attending

Adrian, Blair Oaks, Calhoun, Cameron, Chilhowee, Clinton, Clinton Christian, Crest Ridge, Harrisonville  
Higginsville, Holden, Knob Noster, Leeton, Lexington, Odessa, Appleton City, Lone Jack

## Meet Personnel Games Committee

Starter: Danny Plott & Ron Clawson

Head Timer: Spencer Gudde

Finish Judge: Ray Stockdale & Holden Head Coach

Field Judge: Allison Klock & Oak Grove Head Coach

Bullpen: Leslie Brown and Danny Plott

Scratch meeting: 4:00 in the stadium building on the west side. Scratches only, no adds.

All field events may scratch on site.

Bullpen location: 50 yard line, on panther head.

Medals to the top 3 finishers in each individual event.

Medals to the top 3 teams in each relay.

Plaques awarded to the top 2 teams in boys and girls divisions.

The following schools need to provide 1 backup timer.

Clinton

Higginsville

Knob Noster

Lexington

Oak Grove

Odessa

Blair Oaks

The following schools need to provide  
an exchange zone judge.

4 x 100 Zone 1 Adrian, Blair Oaks

Zone 2 Leeton, Crest Ridge, Holden

Zone 3 Clinton, Lone Jack, Harrisonville

4 x 200

Zone 1 Cameron, Appleton City

Zone 2 Leeton, Crest Ridge, Holden

Zone 3 Clinton, Clinton Christian, Harrisonville

Scoring through 8 places for all events.

Teams may have 2 athletes in each individual event.

Teams may have 1 relay team per relay.

Athletes are limited to 4 events.

- Schedule of field events: All field events may scratch on site.
- All field events will be run by Knob Noster.

**Pole Vault** Starting height to be determined by entries.

Boys 4:00 These athletes need to begin warming up upon arrival.

Girls Will start at completion of boys, will be called by announcer

**High Jump** Starting height to be determined by entries.

Girls 4:00

Boys Will start at completion of girls, will be called by announcer

**Shot Put** 4 throws Cafeteria style **Long Jump** Cafeteria style 4 jumps Boys 4:30 Girls 4:30

Girls 6:30 Boys 6:30

**Discus** 4 throws Cafeteria style **Triple Jump** Cafeteria style 4 jumps Girls 4:30 Boys 4:30

Boys 6:30 Girls 6:30

**Javelin** 4 throws Cafeteria style

Boys 4:30 **No tape or paint is to be used on the runways!** Girls 6:30 **Chalk will be provided.**

**The field events scheduled to begin at 6:30 may begin earlier.**

## Order of Events

- ❖ Girls 3200 M Relay
- ❖ Boys 3200 M Relay
- ❖ Girls 100 M
- ❖ Girls 100 M Dash
- ❖ Boys 100 M Dash
- ❖ Girls 800 M Relay
- ❖ Girls 1600 M Run
- ❖ Girls 400 M Relay
- ❖ Girls 400 M Dash
- ❖ Boys 400 M Dash
- ❖ Girls 300 M Hurdles
- ❖ Boys 300 M Hurdles
- ❖ Girls 800 M Run
- ❖ Boys 800 M Run
- ❖ Girls 200 M Dash
- ❖ Boys 200 M Dash
- ❖ Girls 3200 M Run
- ❖ Boys 3200 M Run
- ❖ Girls 1600 M Relay
- ❖ Boys 1600 M Relay

To enter athletes: MoMile Split

Hurdles Entries will open April 21st and close at noon on April 26th.

There will be no changes/substitutions the day of the meet. Only scratches.

The meet name is Knob Noster Invitational

Questions about the entry process, contact

Gideon Lockett @ [Glockett@knobnoster.k12.mo.us](mailto:Glockett@knobnoster.k12.mo.us)