



USD 410 Hillsboro MS/HS



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Robert Rempel – AP/AD
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2025 James Thomas Invitational Track Meet May 2, 2025 @ 2:30 pm Hillsboro/Tabor Stadium

Teams: Berean Academy, Bluestem, Canton-Galva, Central Christian (Wichita), Council Grove, Elyria, Haven, Hesston, Hillsboro, Inman, Larned, Lyons, Moundridge, Nickerson, Peabody-Burns, Remington, Sedgwick, Smoky Valley, Wichita Independent

Schedule:

2:30 pm	Javelin/Pole Vault
3:00 pm	Field Events
4:00 pm	Preliminaries
5:00 pm	Finals

Busses: Please drop your teams off and park your busses in the parking lot at the northeast corner of the track (South Adams Street).

Entries: Entries are to be made using www.milesplit.com. Go to the “Hillsboro James Thomas Invitational 2025” track meet. Entries are due by 6:00 pm the night before the meet. **Substitutions will be allowed, but no additions after this time. Please note that each school is allowed *two (2) entries per event, except relays will be allowed one (1).**
****Schools may enter a third athlete in each individual event if they all meet the qualifying standards on the attached sheet.***

Coaches Meeting: There will be a coaches meeting at 2:15 in the south shed located just outside the southwest corner of the stadium. Make sure you bring your legally equipped and vaulters weight verification forms.

Field Events: Scratches will be handled at the event. Contestants will be awarded three (3) preliminary trials with the top seven (7) qualifying for the finals and three (3) final trials (**high jump and pole vault will not have finals**).

Running Events: All races will be F.A.T. timed. Preliminaries will be run in the 100/200 dash and 100/110 Hurdles. Athletes will qualify to finals by place. We will qualify eight (8) to the finals.



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Facilities: Starting blocks will be provided. The track and runways are rubberized, so ¼” spikes are necessary. Shot put and discus rings are concrete.

No sunflower seeds, food or soft drinks are allowed on the track or the turf.

No dressing facilities are available. Restrooms and a concession stand will be available.

Results: Results should be live at <https://ks.milesplit.com/> or [Midwest Timing and Results](#)

Scoring: We will be scoring 8 (10-8-6-5-4-3-2-1)

Awards: Medals will be awarded in all events to the first three places. Team plaques will be awarded for first and second place in both the girls and boys division. Please pick them up from the press box at the conclusion of the track meet.

The order of events and rules of the meet will follow KSHSAA policy.

Hospitality room will be provided for coaches, workers, bus drivers, and administrators.

Entry Fee is \$180. If you have any questions, please feel free to contact me at (620) 947-4044 or by email at (robert.rempel@usd410.net). We look forward to seeing you next Friday.

The make-up date for this track meet due to inclement weather will be Monday, May 5 at 3:00 pm.

Thank you

Robert Rempel, A.D.
Hillsboro Middle/High
620-947-4044 (cell)



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ORDER OF EVENTS

FIELD EVENTS:

2:30 pm	Pole Vault Javelin	Girls' followed by Boys' Boys' followed by Girls'
3:00 pm		<u>North</u> <u>South</u>
	High Jump	Girls' Boys'
	Shot Put	Boys' Girls'
	Discus	Boys' Girls'
	Long Jump	North runways, direction will be determined by wind
	Triple Jump	South runways, direction will be determined by wind

PRELIMINARIES: Qualify from prelims to finals by PLACE, then time

4:00 pm	100 Meter Dash	Girls' followed by Boys'
	200 Meter Dash	Girls' followed by Boys'
	110 Meter Hurdles	Boys'
	100 Meter Hurdles	Girls'

FINALS: (30 minutes following prelims, Girls' followed by Boys')

Boys' 3200 meter run
(15 min break)
4 x 800 Meter Relay
100/110 Meter High Hurdles
100 Meter Dash
1600 Meter Run
4 x 100 Meter Relay
400 Meter Dash
300 Meter Low/Intermediate Hurdles
800 Meter Run
200 Meter Dash

SENIOR NIGHT

Girls 3200 Meter Run
4 x 400 Meter Relay



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QUALIFYING STANDARDS - 3rd Entry

(Standards are set by the most favorable of the 3A, 2A, 1A [2025 Qualifying Standards for Regional Entries](#) on the KSHSAA track website)

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
100	11.81	13.66
200	24.45	28.74
110/100 Hurdles	18.26	18.6
300 Hurdles	46.25	53.6
400	54.94	1:06.79
800	2:13.93	2:41.95
1600	5:04.30	6:17.45
3200	11:36.40	14:06.6
Long Jump	19'04"	15'03"
Triple Jump	39'02"	32'03"
Discus	123'05"	96'05"
Shot Put	41'03"	32'01"
Javelin	140'03"	103'04"
High Jump	5'08"	4'06"
Pole Vault	10'02"	7'05"

In the shot-put, discus, and javelin, we will measure every first throw. After that, they must meet the minimum distances to receive a measurement. The minimum distances will be as follows AND marked with a COLORED ARC:

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
Discus	90'	70'
Shot-put	35'	25'
Javelin	100'	70'