



5A REGIONAL TRACK MEET 2025 THURSDAY, MAY 22nd



- LOCATION:** [Jaguar Stadium Map](#) – 603 E. Central, Andover, KS
- TIME:** 12:45 Coaches meeting in the stadium meeting room (SE Building)
***Scratches should be made at this time.**
1:30 Field events begin
4:30 Running preliminaries begin
***30 min break after prelims – Food for coaches and workers.**
Finals – 30 mins after prelims are complete
- TEAMS:** Andover, Andover Central, Ark City, Emporia, Newton, Topeka West, Topeka-Seaman, Valley Center, Wichita-Kapaun Mt. Carmel.
- TRACK:** Eight Lane, Polyurethane Track: 1/4” Spikes
Polyurethane Javelin approach. Concrete rings for discus and shot put
- RULES:** All KSHSAA rules will be in effect. Only Coaches and athletes on the infield.
- ENTRIES:** Entries will be sent electronically through Mile Split. The meet is already set up in Mile Split. **Coaches can submit entries via their Mile Split account until May 19th, at noon.** You will be allowed 3 individuals per event and one relay per school (NFHS Rule 5-10-2 for relay entries).

[Mile Split Entry Directions](#)
[Mile Split Entry Link](#)
- IMPLEMENTS**
- CERTIFICATION:** **WILL BE HELD AT 12:30 PM AT THE FAR SOUTHEAST BUILDING WITH THE GARAGE DOOR**
- PRELIMS:** Races with multiple heats will be seeded. Finalist will be determined based on number of heats (SEE TRACK AND FIELD KSHSAA MANUAL P. 24-25)
- AWARDS:** Medals will be given to the first three places in each event. Coaches may pick up medals at the conclusion of the meet. Final sheets will be emailed to schools Friday, May 23rd.
- SCORING:** Individual 10-8-6-4-3-2-1 Relay 10-8-6-4-3-2-1
- FIELD EVENTS:** **3 Throws/Jumps - Top 8 make finals** *exception for pole vault, high jump
- STARTING BLOCKS:** Furnished
- ADMISSION:** Adults \$8 Students \$6 *Cash or Credit KSHSAA PRICES
- FOOD:** A coaches & workers hospitality room will be provided.
- QUESTIONS:** Please call or email Clint Cornelsen, AD 316-218-4600 or cornelsc@usd38.org

5A REGIONAL TRACK
MAY 22nd, 2025



ORDER OF EVENTS

1:30 FIELD EVENTS

3 jumps/throws – Top 8 advance to finals *exception for the high jump & pole vault

Girls' high jump and boys' high jump at same time – south D zone

Girls' shot put followed by boys' shot put - east of the stadium, outside of the stadium

Boys' discus followed by girls' discus – east of the stadium, outside of the stadium

Girls' long jump followed by girls' triple jump – east side of the stadium, west runway

Boys' long jump followed by boys' triple jump – east side of the stadium, east runway

Girls' javelin followed by boys' javelin – east of the stadium, outside of the stadium

Girls' pole vault followed by boys' pole vault - east side of the stadium

4:30 PRELIMINARIES

****We will stick to the time schedule below.****

4:30 Girls 100 M High Hurdles (33")

4:40 Boys 110 M High Hurdles (39")

4:50 Girls 100 M Dash

5:00 Boys 100 M Dash

5:10 Girls 200 M Dash

5:20 Boys 200 M Dash

5:30 Girls 4x800 M Relay (FINAL)

5:45 Boys 4x800 M Relay (FINAL)

FINALS WILL BEGIN AT 6:30

6:30 Girls 100 M High Hurdles (33")

 Boys 110 M High Hurdles (39")

6:40 Girls 100 M Dash

 Boys 100 M **(followed by wheelchair 100 M-Girls and Boys)**

6:50 Girls 1600 M Run

 Boys 1600 M Run **(followed by Wheelchair 1600 M-Girls and Boys)**

7:15 Girls 4x100 M Relay

 Boys 4x100 M Relay

7:25 Girls 400 M Dash

 Boys 400 M Dash **(followed by Wheelchair 400 M-Girls and Boys)**

7:50 Girls 300 M Low Hurdles (30")

 Boys 300 M Intermediate Hurdles (36")

8:05 Girls 800 M Run

 Boys 800 M Run

8:20 Girls 200 M Dash

 Boys 200 M Dash

8:30 Girls 3200 M Run

 Boys 3200 M Run

9:00 Girls 4x400 M Relay

 Boys 4x400 M Relay