



**2025 4A Regional Track Meet  
Wildcat Stadium  
105 S 5th Street East  
Louisburg, KS 66053**

**DATE:** Thursday, May 22nd, 2025  
**TIME:** Implement Weigh-in, Track Shed, 12:30 pm-2:15 pm  
Coaches Meeting outside the Track Shed @ 1:45 pm  
Field events start- 2:30 pm  
Preliminaries- 5:00 pm  
Finals- 30 minutes following the conclusion of the 4x800m

**STARTERS:** Brad Clark (Start all races), Dan Smith Ast. Starter

**GAMES COMMITTEE/**

**JURY OF APPEALS:** John Reece, Louisburg  
Mike Smith, Paola  
Tracy Bogina - Fort Scott

**ENTRY PROCESS:** All entries will be made electronically through MileSplit, <https://ks.milesplit.com/> by 12:00pm on Monday, May 19th, 2025. After Monday, May 19th only scratches will be allowed. Any student not entered by 12:00 pm will not be able to participate in the Regional.

**Form TF-2** must be submitted to the KSHSAA office when entrants are completed, **NO LATER THAN 12:00 PM ON Monday, May 19th.** This form is a verification that coaches submitted their entries via the online entry process.

**REGIONAL MANAGERS WILL ACCEPT SCRATCHES ONLY!**

**BUS PARKING:** Buses will need to drop off their athletes and then move your bus to the far southwest corner of the parking lot.

**IMPLEMENT WEIGH IN, 12:30 pm-2:15 pm:** Weigh-ins for shot put, discus, and javelin will be at the Track Shed on the southwest corner of the track. Implements that do not meet the guidelines can be picked up at the conclusion of the field events in the press box.

**ADMISSION:** \$8.00 Adults, \$6.00 K-12 Students (No Cash will be Accepted) - Cards Only will be accepted at the gate.

Online Tickets can be purchased in advance at <https://gofan.co/app/school/KS18115>

**COACHES MEETING:** There will be a head coach's information and scratch meeting at 1:45 pm at the Track Shed. Meet day information will be provided at that time. Please bring your Pole Vault Weight Verification to the coaches meeting.

**EVENT CHECK IN:** Field event participants will check in at their event. All runners will be required to check in and get hip numbers at the table, location of the hip tag table will be determined based on the weather.

**POLE VAULT VERIFICATION FORM:** Bring to the coaches meeting.

**MEDALS/PLAQUES:** Medals will be given to the top three finishers in all events. Plaques will be presented to boys and girls Champion and Runner-up teams at the conclusion of the meet.

**SURFACES:** Wildcat Stadium has an eight (8) lane rubberized track, please wear 1/4 inch pyramid spikes or less. All jumping areas are rubberized, Shot Put and Discus rings are concrete, Javelin is a grass runway.

**FINALS:** In the HH, 100, and 200. We will take 8 to finals. In LJ, TJ, Shot, Discus, and Javelin, we will take 8 to finals.

**SCORING:** We will score six (6) places. 10-8-6-4-2-1.

**STARTING HEIGHTS:** Starting heights for the HJ: Start 2 increments (4") below the 6th best mark on the descending order list. Starting heights for the PV: Start 2 increments (6") below the 6<sup>th</sup> place entry mark.

**COACHING AREAS:** Only coaches and athletes will be allowed in the throwing, jumping areas, and on the turf.

**RESULTS:** Results will be posted on the south end of the press box.

**PASS GATE:** Per KSHSAA guidelines, Superintendents, Principals, and Athletic Directors will be required to sign in.

**HOSPITALITY:** Dinner will be provided for coaches, administrators, bus drivers, and meet workers starting at 5:30 pm at the Track Shed. The hospitality room will close at 7:30 pm.

**MEDICAL:** Our Children's Mercy Athletic Trainer will be available throughout the meet, and can be found on the turf near the finish line. Look for the green gator.

**GENERAL INFORMATION:** Dressing rooms are not available at the stadium. Each school will be responsible for their own valuables.

**STATE QUALIFYING RELAYS:** If your team qualifies a relay team, please remember that you will make any changes to your relay team for the State Meet **DIRECTLY ON MILESPLIT**. Qualifying coaches will be provided access/information to make **RELAY TEAM CHANGES ONLY** from 9am-12:00pm on **SATURDAY, MAY 24<sup>th</sup>**.

**Teams Camps and special stadium rules:** Teams are to set up in or around the bleachers on the east side of the stadium. Team canopies are more than welcome and we ask that you set them up anywhere on the east side of the stadium, in the east bleachers, or in the grassy areas.

Chewing gum, sunflower seeds, tobacco, and alcohol are not permitted in the stadium.

**SPECTATORS WILL NOT BE ALLOWED ON THE TRACK OR THE INFIELD.**

Please do not interfere with those who are running the meet.

## **SCHEDULE OF EVENTS**

### **FIELD EVENTS**

**2:30 pm**

Girls Discus – Followed by Boys Discus

Boys Javelin – Followed by Girls Javelin

Girls Long Jump – Followed by Triple Jump – East Runway

Boys Long Jump – Followed by Triple Jump – West Runway

Boys Shot Put – Followed by Girls Shot Put

Boys High Jump -- Followed by the Girls High Jump

Boys Pole Vault -- Followed by the Girls Pole Vault

## **RUNNING EVENTS**

**5:00 pm**

### **Preliminaries - Running Events**

Girls 100m Hurdles  
Boys 110m Hurdles

Girls 100m Dash  
Boys 100m Dash

Girls 200m Dash  
Boys 200m Dash

### **Finals - Running Events**

Girls 4 x 800m Relay  
Boys 4 x 800m Relay

### **Break - 30 minutes**

Girls 100m Hurdles (33")  
Boys 110m Hurdles (39")

Girls 100m Dash  
Boys 100m Dash

Girls 1600m Run  
Boys 1600m Run

Girls 4 x 100m Relay  
Boys 4 x 100m Relay

Girls 400m Dash  
Boys 400m Dash

Girls 300m Hurdles (30")  
Boys 300m Hurdles (36")

Girls 800m Dash  
Boys 800m Dash

Girls 200m Dash  
Boys 200m Dash

Girls 3200m Run  
Boys 3200m Run

Girls 4 x 400m Relay  
Boys 4 x 400m Relay