



United Kansas Conference

Track Meet

May 15, 2024

Leavenworth High School

2012 10th Ave, Leavenworth, KS 66048

CONTACT:

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SPECTRUM SPORTS: Spectrum Sports will be filming the running events.

PARTICIPANTS: Basehor-Linwood, De Soto, Lansing, Leavenworth, Piper, Seaman, Shawnee Heights, Topeka West, Turner

STARTER: Richard Hite

ENTRY FEE: The entry fee is \$250.00 per school.

ENTRIES: Please submit at:

Entries are due Wednesday, May 14th by 8:00pm. Scratches only at coaches meeting. For questions about entries please contact rj.suttles@lvpioneers.org or hannah.robinson@lvpioneers.org

PRELIMS TO FINALS: We will take the winner of each heat and the next best times to get to 8 total.

SCORING: We will score 8 places in all events including relays.

START TIMES:

3:00 pm - Coaches Meeting - South End of Field at Finish Line

3:30 pm - Field Events - 3 Prelim. Attempts-3 Final Attempts

4:00 pm - Prelims-Running Events-Finals Only

TRACK: Rubberized 8-lane track and runways. Please wear ¼ inch spikes or shorter.

THROWING: Our shot put and discus rings are cement. Our javelin runway is rubberized.



HOSPITALITY: Each coach and bus driver will get a meal ticket for our concessions stand.

RESTROOMS: Locker rooms and showers will not be available. Restrooms are located on the west side of the school - near the concession stand.

ORDER OF EVENTS

FIELD EVENTS: Start at 3:30 pm - Athletes will have 3 attempts in prelims - 3 Finals attempts

Shot put: Girls followed by Boys
Javelin: Boys followed by Girls
Discus: Boys followed by Girls
Long jump: Boys followed by Girls
Triple jump: Girls followed by Boys
High jump: Boys followed by Girls
Pole vault: Girls followed by Boys

PRELIM RUNNING EVENTS: Start at 4:00 pm

Girls 4 X 800 Relay (FINALS)
Boys 4 X 800 Relay (FINALS)
Girls 100M Hurdles
Boys 110M Hurdles
Girls 100M Dash
Boys 100M Dash
Girls 200M Dash
Boys 200M Dash

FINAL RUNNING EVENTS: Start at 5:00 pm

Girls 100M Hurdles
Boys 110M Hurdles
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
Boys 300M Hurdles
Girls 800M Run
Boys 800M Run
Girls 200M Dash
Boys 200M Dash
Girls 3200M Run
Boys 3200M Run
Girls 4 X 400M Relay
Boys 4 x 400M Relay

UKC Track BY-LAWS

- Entries: 3 entries per school for individual events, 1 relay team for each school per relay.
- Field Events will get 3 attempts in prelims, 3 attempts in finals, 9 qualify for finals.
- No entries or changes allowed after 8:00pm the night before the meet.
- Scratch meeting will begin at 3:00 pm
- Traveling Trophy to Conference champion – 1st place team for boys and 1st place team for girls at the Conference meet.
- Conference Champion certificates to individuals on the Conference Champion team
- Host school will recognize, over PA, (5) placers in all events.
- Medals to the top (3) placers in each event
- There will be a Boys & Girls Runner of the Year determined by a separate nomination and vote at the Conference Meet. If there is a tie in voting for Runner of the Year there will be a Co-Runner of the Year. Coaches can vote for their own athletes.
- There will be a Boys & Girls Field Event (*Thrower or Jumper*) of the Year determined by a separate nomination and vote at the Conference Meet. If there is a tie in voting for Field Event of the Year there will be a Co-Field Event of the Year. Coaches CANNOT vote for their own athletes.
- Athletes must compete in the UKC Meet to be nominated for Runner/Jumper or Thrower of the Year.
- List of nominations are provided to Coaches at Coaches Meeting/beginning of the meet.
- Voting occurs after the 4x400m Relay, unless a coach decides on their vote prior to that.
- There will be a Boys Track and Field Coach of the Year determined by a vote of the coaches at the UKC Meet. If there is a tie in voting for Boys Track and Field Coach of the Year there will be a Boys Track and Field Co-Coach of the Year.
- There will be a Girls Track and Field Coach of the Year determined by a vote of the coaches at the UKC Meet. If there is a tie in voting for Girls Track and Field Coach of the Year there will be a Girls Track and Field Co-Coach of the Year.
- Individual Event Team Points will be to (8) places: 10, 8, 6, 5, 4, 3, 2, 1
- Relay Event Team Points will be to (8) places: 10, 8, 6, 5, 4, 3, 2, 1
- Results and medals picked up at the end of the meet
- Conference meet will use Fully Automatic Timing Systems
- Entry Fee for UKC Meet will be \$125.00 for Girls and \$125.00 for Boys for a total fee of \$250.00. Host school does not pay the entry fee.

ALL TEAM CAMPS MUST BE ON THE OUTSIDE OF THE TRACK