



LANSING HIGH SCHOOL

U.S.D. # 469



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March 10, 2022

LANSING TRACK INVITATIONAL
APRIL 8th, 2022
3:00 pm Field Events / 4:00 Running Events.

Enclosed you will find a time schedule and other information about the Lansing Track Invitational to be held April 8th. The meet will start at 3:00 pm and should be concluded by 9:30 pm. We are pleased that you will be competing in the Lansing Track Invitational.

Shawnee Mission District Timing will be timing and scoring our meet this year with a Fully Automatic Timing System. Please use the following link for entries:

<https://ks.milesplit.com/meets/459889> **ENTRIES WILL BE CLOSED APRIL 6TH @ 7:00 PM.**

Meals for coaches and staff will be available using tickets for the concession stand. We will give you your tickets at the coaches meeting.

Again, we welcome you to our meet and wish you the best of luck. Please feel free to call either of us at 913-727-3357 if you have any questions or need any additional information.

Thanks,

Dylan Brown (Boys') and Joshua Floetke (Girls')
Head Track Coaches
Lansing High School
dylan.brown@usd469.net cell: 785-424-3478
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Lansing Track Invitational
April 8th, 2022

ENTRY FEES: Entry fees are \$60.00 for boys and girls, or \$120 for both. Entry fee checks should be made payable to: **Lansing High School** and may be mailed to the high school or delivered when you arrive to the meet.

SCHOOLS COMPETING: Emporia, FL Schlagle, KC Christian, Lansing, Leavenworth, Manhattan, Maranatha Academy, Ottawa, Seaman, Shawnee Heights, Shawnee Mission West, Topeka Hayden, Topeka West

STARTER: Dan Dryer

ENTRIES: Each school may enter three (3) individuals in each event with the exception of the 1600 and 3200. Each School may enter Five (5) for the 1600 and 3200 M Race. An individual may be entered in a maximum of four events.

REGISTRATION: Events will be seeded by the times you submit in with the entries. (NOTE-As soon as we have registration info you will receive it.)

COACHES MEETING: Scratches and substitutions meeting will occur at **2:30 pm**. No additions will be accepted.

HIP NUMBERS - Since Fully Automated Timing is being used, all athletes must wear hip and/or Chest stick on numbers during the running events. Please tell the running athletes that they must check in to the clerk station to get their hip numbers thirty minutes prior to their event. It is the athlete's responsibility to show up and get their number prior to their event. They will not be called.

Field Event athletes should check in at their event by showing up and giving their name to the event leader.

SCORING: Team scoring will be 10-8-6-4-2-1 in all events. Six places will be scored in each event.

AWARDS: First and second place team trophies will be awarded in both girls and boys divisions. Medals will be awarded to the first three places in all individual events and in the relays.

PRELIMINARIES AND TRIALS: All races will be finals against time. There are NO Prelims.

In the shot, discus, long jump, triple jump, and javelin, each entry will be given four tries with no finals. The "four alive" method will be used in the high jump and pole vault. The high jump will start at 5'6" (boys), 4'6" (girls) and go up 2" at a time. The pole vault will start at 9'6" (boys), 7'6" (girls) and go up 6" at a time.

SURFACES: Our track is rubber (1/8" spikes are required). Our discus and shot put surfaces are concrete. All runways for field events are rubberized, this includes the javelin.

NO SPIKES are to be worn in the bleachers. Only participants and coaches are allowed on the infield.

MISCELLANEOUS INFORMATION:

1. Athletes must check in to get hip numbers 30 minutes prior to their running event.
2. Hip Numbers will be worn on Left hip and on the chest as well during the 1600 and 3200
3. Heat sheets, etc., can be picked up at the Finish Line.
4. We will furnish starting blocks.
5. KSHSAA rules and regulations will govern the meet.
6. Our start and finish line for lap races are on the first curve.
7. We will use a three-turn stagger in the 1600M relay.
8. The 300 meter intermediate hurdles and the 300 meter low hurdles will be run around on turn and will finish at the main finish line. The 300 meter intermediate and 300 meter low hurdles will be run against time as a final (No Preliminaries).
9. Parking for buses is located just west and north of the track.

LANSING INVITATIONAL EVENT DAY SCHEDULE

SCRATCHES DUE BY 2:30 PM @ the Coaches Meeting

FIELD EVENTS 3:00 PM

3:00 Girls High Jump followed by Boys

3:00 Boys Pole Vault followed by Girls

3:00 Boys and Girls Long Jump

Followed by Boys and Girls Triple Jump

Open at 3:00, Closed at 4:30

Boys Shot Put followed by Girls Shot Put

Girls Discus followed by Boys Discus

3:00-4:00 Boys Javelin

4:00-5:00 Girls Javelin

First Running Event

We will begin the running events with the 4 x 800 @ 4:00 pm.

FINALS vs. Time 4:30

Girls' 100 Meter Hurdles

Boys' 110 Meter Hurdles

Girls' 100 Meter Dash

Boys' 100 Meter Dash

Girls' 1600 Meters

Boys' 1600 Meters

Girls' 4 x 100 Relay

Boys' 4 x 100 Relay

Girls' 400 Meters

Boys' 400 Meters

Girls' 300 Low Hurdles

Boys' 300 Int. Hurdles

Girls' 800 Meters

Boys' 800 Meters

Girls' 200 Meters

Boys' 200 Meters

Girls' 3200 Meters

Boys' 3200 Meters

Girls' 4 x 400 Relay

Boys' 4 x 400 Relay

Medals and Scores

Results will be emailed to you.

Medals / Plaques can be picked up in the press box.