

# MTC REGIONAL WARMUP TRACK MEET

## JUNE 11, 2017

- LOCATION:** Riley County High School Track  
12451 Fairview Church Rd., Riley, KS 66531
- HOST:** Manhattan Track Club
- ENTRY DEADLINE:** June 9<sup>th</sup>- (coacho.com) to register for the meet.  
[https://coachoregistration.com/track/entry/ks\\_mtc](https://coachoregistration.com/track/entry/ks_mtc)  
**No membership affiliation is required to compete in this meet.**
- FEE:** \$15.00 per athlete (Remember to bring a copy of your birth certificate to the meet for proof of age if challenged)
- AGE DIVISIONS:**
- |                          |                     |
|--------------------------|---------------------|
| 8 & Under / 2009 & After | 9yr / 2008          |
| 10yr / 2007              | 11yr / 2006         |
| 12yr / 2005              | 13yr / 2004         |
| 14yr / 2003              | 15-16yr / 2001-2002 |
| 17-18yr / 1999-2000      |                     |
- TIME:** Registration: 7:00am  
Coaches Meeting:8:30am  
Field Events: 9:00am  
Running Events:11:00am **3000 Meter run 10:00 AM**
- AWARDS:** Medals will be given to the top 3 finishers in each event.
- FALSE STARTS:** 1 false start per athlete in each event will be allowed.
- COMPETITION:** **ABSOLUTELY NO PARENTS ALLOWED ON THE INFIELD**  
Competitors and coaches should be alert to announcements on the P.A. system.  
Athletes are limited to 3 events including Relays in all divisions, except for 13-18 yr., which are allowed 4 events.  
**THERE WILL BE POLE VAULT AND REGULATION JAVELIN FOR 13YR-18YR DIVISIONS**

\*Relay Groups are: 9-10, 11-12, 13-14, 15-16 and 17-18

\*Only ¼" spikes permitted on the track

\*Competitors should bring their own implements to be used at the meet.

**\*I understand that Manhattan Track Club and Riley County High School are NOT responsible for any accidents during the meet.**

\*For more information contact: Lance Sharp at [lance@copelandins.com](mailto:lance@copelandins.com)



All Field Events will begin at 9:00 AM and be on a rolling schedule. *For example: Long Jump Pit #1 will start with 8 & Under Girls followed by 9yr, 10yr, 11yr and so on.* Listen to announcements for calls to your Field Event. BE READY TO COMPLETE AT 9AM, BECAUSE OF NUMBERS YOUR EVENT MIGHT START RIGHT AWAY AND WE WON'T KNOW UNTIL DAY OF EVENT. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

Long Jump, Triple Jump, Shot Put, Discus and Javelin will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws. \*Triple Jump for all Age Groups will be contested immediately following the YM and YW Long Jump.

JAV – Javelin HJ (#) – High Jump (Pit) LJ (#) – Long Jump (Pit) SP (#) – Shot Put (Ring) DT (#) – Discus (Ring)

| GIRLS      |                 |                 |                 |                 |                 |                 |                 |                 |                 | BOYS            |                 |                 |                 |                 |                 |                 |                 |                 |  |
|------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|--|
| Event      | 8-Under         | 9yr             | 10yr            | 11yr            | 12yr            | 13yr            | 14yr            | 15-16yr         | 17-18yr         | 8-Under         | 9yr             | 10yr            | 11yr            | 12yr            | 13yr            | 14yr            | 15-16yr         | 17-18yr         |  |
| LJ 1 East  | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> |  |
| LJ 2 West  |                 |                 |                 |                 |                 |                 |                 |                 |                 | 1 <sup>st</sup> |                 |                 |                 |                 |                 |                 |                 |                 |  |
| TJ 1 East  |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> |  |
| TJ 2 West  |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |
| HJ 1 North |                 | 8 <sup>th</sup> | 7 <sup>th</sup> | 6 <sup>th</sup> | 5 <sup>th</sup> | 4 <sup>th</sup> | 3 <sup>rd</sup> | 2 <sup>nd</sup> | 1 <sup>st</sup> |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |
| HJ 2 South |                 |                 |                 |                 |                 |                 |                 |                 |                 | 8 <sup>th</sup> | 7 <sup>th</sup> | 6 <sup>th</sup> | 5 <sup>th</sup> | 4 <sup>th</sup> | 3 <sup>rd</sup> | 2 <sup>nd</sup> | 1 <sup>st</sup> |                 |  |
| SP 1 North |                 |                 |                 |                 |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> |  |
| SP 2 South | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> | 9 <sup>th</sup> |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |
| DT 1 East  |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |
| DT 2 West  |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> | 5 <sup>th</sup> | 6 <sup>th</sup> |  |
| Jav 1 East | 9 <sup>th</sup> | 8 <sup>th</sup> | 7 <sup>th</sup> | 6 <sup>th</sup> | 5 <sup>th</sup> | 4 <sup>th</sup> | 3 <sup>rd</sup> | 2 <sup>nd</sup> | 1 <sup>st</sup> |                 |                 |                 |                 |                 |                 |                 |                 |                 |  |
| Jav 2 West |                 |                 |                 |                 |                 |                 |                 |                 |                 | 9 <sup>th</sup> | 8 <sup>th</sup> | 7 <sup>th</sup> | 6 <sup>th</sup> | 5 <sup>th</sup> | 4 <sup>th</sup> | 3 <sup>rd</sup> | 2 <sup>nd</sup> | 1 <sup>st</sup> |  |
| Pole vault |                 |                 |                 |                 |                 | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> |                 |                 |                 |                 | 5 <sup>th</sup> | 6 <sup>th</sup> | 7 <sup>th</sup> | 8 <sup>th</sup> |                 |  |