

# WCHS Track Form D

USD 108 Schools  
115 N D Street

**Superintendent:** Denise O' Dea (785) 325-2261 X3 (W) (785) 617-0279 ©  
**Principal:** Brock Funke (785) 325-2261 X1 (W) (785) 541-1097 ©  
**Activities Director:** Robert Smith (785) 325-2261 X1 (W) (785) 541-0417 ©

**Event:** WCHS Track Invitational  
**Event Date:** April 25th, 2023  
**Site Location:** Washington County High School  
**Site Address:** 115 N. D Street  
**Start Time:** **2:15pm Coaches Meeting (HS Library)**  
**3:00pm Start Time (Field Events)**  
**Running (Prelims) will begin at approximately 4:30pm**  
**Bus Drop Off:** South or West entrance gates to the stadium  
**Bus Parking:** On D Street beside stadium fence  
**Athletic.Net:** Please have teams/individuals entered into athletic.net no later than **Sunday April 23<sup>rd</sup> at 11:59pm.**  
**Team(s) Involved:** **Axtell, Centralia, Clifton-Clyde, Hanover, Linn, Onaga, Pike Valley, Randolph-Blue Valley, Republic County, Valley Heights, Washington County**  
**Meet Cost:** As stated in the contract, **\$130 per school.**

**Entries:** Each school may enter 3 in the individual events and one relay team. Each individual may be entered in 4 individual events. Please have entries completed by **Sunday April 23.** You may make scratches at the coaches meeting at 2:15pm in the HS library. No additions will be added after Sunday April 23<sup>rd</sup>.

**Medals:** Medals will be awarded for the first 3 individual places and the first 3 relays. Medals will be placed in packets and given to the coaches following the meet.

**Results:** Results will be available following the meet at the press box.

**Shoes:** The track is rubberized. Maximum spike length: ¼" (preferred: 3/16"). **Please bring markers other than tape for the jumps/relay marks.** The pole vault, long jump, and high jump approaches are also rubberized and require the same ¼ inch spikes. Please help us monitor this. The javelin approach is grass. The shot and discus rings are cement.

**Heats:** In the running events without preliminaries, we will place the faster runners in the last heat.

**Scoring:** 10-8-6-4-2-1 (Top 6 Places)

**Field Event Workers:** Each school attending has been assigned a field event. Please make note of the event you are to work. You will only have to supply someone to run/be in charge of the event. We will supply (with our JH Track Team) the workers to aid in marking and measuring.

Girls Javelin (North of School) **Axtell**  
Boys Javelin (South of School) **Blue Valley**  
Girls Pole Vault followed by Boys Pole Vault **WCHS**  
Boys High Jump followed by Girls High Jump **Hanover**  
Boys Long Jump (Southeast sand pit) **Centralia**  
Girls Long Jump (Southwest sand pit) **Clifton-Clyde**  
Boys Triple Jump (Northeast sand pit) **Linn**  
Girls Triple Jump (Northwest sand pit) **Valley Heights**  
Boys Discus (South Ring) **Pike Valley**  
Girls Discus (North Ring) **Republic County**  
Girls Shot (South Ring) **Onaga**  
Boys Shot (North Ring) **WCHS**

**Order of Field Events: (3:00pm Start)**

Girls Javelin (North of School)  
Boys Javelin (South of School)  
Girls Pole Vault followed by Boys Pole Vault  
Boys High Jump followed by Girls High Jump  
Boys Long Jump (Southeast Sand Pit)  
Girls Long Jump (Southwest Sand Pit)  
Boys Triple Jump (Northeast Sand Pit)  
Girls Triple Jump (Northwest Sand Pit)  
Boys Discus (South Ring)  
Girls Discus (North Ring)  
Girls Shot (South Ring)  
Boys Shot (North Ring)  
**(4 throws and jumps)**

**4:30 - Preliminaries as needed:**

Girls' 100 Meter Hurdles .....followed by .....Boys' 110 Meter Hurdles  
Girls' 100 Meter Dash .....followed by .....Boys' 100 Meter Dash  
Girls' 200 Meter Dash.....followed by .....Boys' 200 Meter Dash  
**(qualify 8 for finals using the same method as in the regional meet)**

**Finals will begin 30 minutes after the completion of the preliminaries:**

Girls' 4x800 M Relay .....	followed by .....	Boys' 4x800 M Relay
Girls' 100 Meter Hurdles .....	followed by .....	Boys' 110 Meter Hurdles
Girls' 100 Meter Dash .....	followed by .....	Boys' 100 Meter Dash
Girls' 1600 M Run.....	followed by .....	Boys' 1600 M Run
Girls' 400 M Relay .....	followed by .....	Boys' 400 M Relay
Girls' 400 M Dash.....	followed by .....	Boys' 400 M Dash
Girls' 300 Meter Hurdles .....	followed by .....	Boys' 300 Meter Hurdles
Girls' 800 M Run.....	followed by .....	Boys' 800 M Run
Girls' 200 Meter Dash.....	followed by .....	Boys' 200 Meter Dash
Girls' 3200 M Run.....	followed by .....	Boys' 3200 M Run
Girls' 4x400 M Relay .....	followed by .....	Boys' 4x400 M Relay

## Washington County HS Invitational Online Entry Instructions (#163538)

<b>Date</b>	04/25/23	<b>Host</b>	Washington
<b>Location</b>	115 N. D Street Washington, KS 66968	<b>Director</b>	Robert Smith
		<b>Email</b>	rsmith@usd108.org
<b>Meet Start Time</b>	3:00 PM	<b>Phone</b>	785-325-2261
		<b>Website</b>	<a href="http://www.usd108.com">http://www.usd108.com</a>

*This meet is using free online registration at Athletic.net!*

**Athletic.net** is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

*Follow the 4 steps below to get started:*

### 1. Sign up for a free coach account (if you do not have one)

- Go to the website: [www.athletic.net](http://www.athletic.net)
- Click on '[Log In](#)' in the upper right hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

### 2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to the [Events page](#)
- Start typing **Washington County MS & HS Invitational** into the Search Box
- Expand the meet card, and find the button to add this meet to your teams calendar
- Repeat this process for the rest of your season calendar (*You can also find meets by date and location*)

- If a meet is not listed, you can add it to your calendar by clicking 'Add new Event' and following the wizard
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

### 3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

### 4. Register athletes for Washington County MS & HS Invitational

- Locate **Washington County HS Invitational** on your team's main Track and Field page and click on it
- Click "**Register Athletes**"
- Follow instructions on the meet registration page to enter your athletes into the appropriate division(s).
- Use the "Add an athlete" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free

## **Kansas State High School Activities Association Pre-Activity Timeout Information/Meeting**

<b>Safety Locations:</b>	<b>Tornado Shelter</b>	HS Building – Lower Locker Rooms Elementary Building – Gym Locker Rooms Vocational Building – Both Restrooms
	<b>Auto External Defibrillator (AED):</b>	Main HS Lobby & Elementary Main Hallway & Concession Stand
	<b>Certifications:</b>	Coaches/Administrators Trained in CPR, AED, and basic First Aid
	<b>Hospital:</b>	Washington County Hospital 304 East 3 <sup>rd</sup> Street, Washington, KS 66968 (785) 325-2211 and 911
	<b>Ice Machine:</b>	Questions can be answered by (Principal) Brock Funke or (AD) Robert Smith
	<b>Cold Water:</b>	Hose will be hooked up on North side of Concession Stand
<b>Crowd:</b>	Administrators or designated supervisors will meet in the WCHS/WCJHS crows nest should issues/concerns arise. Collaboratively the issue will be resolved.	
<b>Sportsmanship:</b>	KSHSAA Sportsmanship Guidelines will be followed at all WCJHS/HS events.	