

# STATE MEET INFORMATION

## [Coaches Information Video Link](#)

**Packet Pick-Up:** Only the designated HEAD coach for the team may pick up the team packet. This means if a school has separate boys and girls head coaches, each will have to pick-up their own packet.

- **SPECIAL REQUESTS** may be made to have a non-head coach pick up the packet. An email request must be submitted by the AD to [lou@mshsaa.org](mailto:lou@mshsaa.org), no later than 4:00 PM Wednesday prior to the meet
- WE WILL NOT SPLIT PACKETS – All Bibs will go with the packet

**Southeast Gate Information:** The southeast gate to the Stadium will open at **8:00 a.m. each day** of the State Championships. Coaches and Athletes will enter through this gate. Athletes will need to show **both** bib numbers. Coaches will need to show wristband to gain entrance at this gate.

- ALL Approved High School Coaches get new wristbands at the trailer each day
- Athletes use the same set of bibs to get in BOTH days

**Defined Area of Competition:** **Where Removal of any Portion of the Team Uniform (except shoes) is Prohibited:**  
The floor of the stadium and all competition areas.

**Coaching Boxes:** Coaching boxes will be clearly marked by yellow rail covers on the fences. In most instances the coaching box is just the fence rail. When a coach steps away from the rail or outside the frame of the box, they are no longer in the coaching box. Only **ONE COACH PER TEAM** is permitted inside a coaching box. There will be coaching boxes available at all field events.

- Use of Electronic Devices is prohibited IN coaching boxes at the state meet due to limited space.

**Electronic Devices:** NFHS Rule 3-2-8 & State Championship policies prohibit the use of electronics within the competition area. For the purpose of the championships, this area is defined as each field event venue and any area inside the track perimeter fence.

- This will exclude the athlete warm-up area inside the track.
- **Coaches and athletes away from the rail or outside the frame of a coaching box AND away from the competition area may use electronic devices in this area.**

**Implement Weight-In/Inspection:**

- **Shot put and Discus:** Implements will be weighed and inspected at a table located in front of the garages just North of the shot put venue prior to each throwing event (open at 8:30 a.m. and until the last event).
- **Pole Vault:** Shall use the same timeframe for pole inspection at the assigned pit, but it will be dependent upon the completion of the previous pole vault event.
- **Javelin:** Javelins will use the same time frame but will be inspected at the javelin venue.

**Check Marks and Take-Off Marks:** Markers for field event check marks will be provided by the clerks and field event judges.

**School Tents:** School tents will be set up in the area across the street and SOUTH of the Stadium. **NO STAKES** allowed for tents. No chairs, tents or canopies are allowed into the track/coaches' areas. Tents may be set up after 5:00 PM on Thursday

**Starting Blocks:** All individuals using starting blocks will use those provided by MSHSAA. No outside blocks will be permitted and no block holders will be permitted. [Link to Block Information](#)

**Qualifying from Preliminary Heats in Running Events to the Finals:** In running events requiring preliminary heats, the advancement/qualifying from the prelims to the finals will be the first place finisher in each heat plus the next six fastest times.

**Discus and Shot Put Competitions:** The discus and shot put will be contested in the field event area EAST of the Stadium, and the throwing sector will be 32.94 degrees.

**Javelin Competition:** The javelin will be contested in the field across the street and SOUTH of the Stadium behind Tent City. The runway will be rubber on top of concrete.

**Opening Ceremonies:** The public address announcer will invite all athletes to gather on the track in front of the main grandstand to participate in the welcome of athletes, the presentation of colors by Troopers from the Missouri Highway Patrol and the National Anthem. Please see that your athletes make their way to that area of the track. Gather at:

Classes 1&2: 10:30

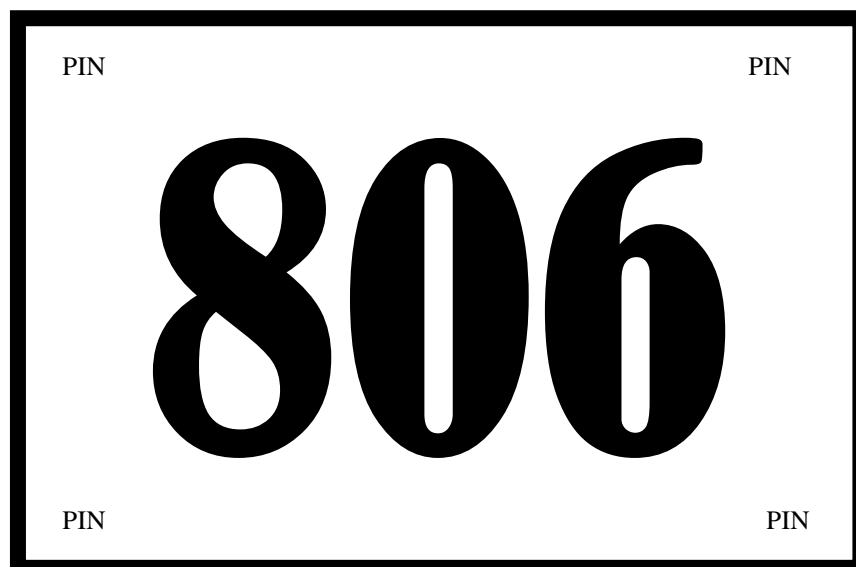
Classes 3 -5: 9:30

**Competitor's Uniform (4-3-1b):**

- Each competitor shall wear a school-issued or school-approved full-length track top and track bottom or one-piece uniform. Any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions. All relay team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments that members are from the same team.
- The ultimate responsibility to having each competitor compliant with the uniform rule is with the **COACH**.

**HOW TO PIN COMPETITORS NUMBERS TO JERSEYS**

Please be sure that both the front and back numbers are pinned on the uniform with the correct side up. To verify, look at the back side of each number. If you can read the National Federation logo, you are holding the number with the correct side up. Pin the numbers on the uniform about armpit height.



**TO: Track and Field Coaches**

**FROM: Missouri Track and Cross Country Coaches Association**

**SUBJECT: ALL-STATE CERTIFICATES**

The Missouri Track and Cross Country Coaches Association (MTCCCA) is awarding **ALL-STATE CERTIFICATES** to student-athletes placing in the top eight in each event at the state track meet. **THESE ARE NO LONGER GIVEN AT THE AWARDS TENT.** The certificate is available for download from the MTCCCA website.

The Missouri Track and Cross Country Coaches Association (MTCCCA) sponsors an annual clinic and awards banquet for coaches each year. Make plans to attend the clinic in Columbia next winter as dates will be announced.

## Track Markings

100 Hurdle Marks ..... GOLD dashed lines  
 110 Hurdle Marks ..... BLUE dashed lines  
 300 Hurdle Marks ..... WHITE dashed lines

4 X 100 Starting Lines ..... GOLD  
     Exchange Zones ..... big GOLD triangles

4 X 200 Starting Lines ..... WHITE  
     Exchange Zones ..... big WHITE triangles (1<sup>st</sup> exchanges)  
   ..... big WHITE triangles (2<sup>nd</sup> exchange)  
   ..... big GOLD triangles (3<sup>rd</sup> exchange)

4 X 400 Starting Lines ..... BLUE  
     Exchange Zones ..... big BLUE triangles (1<sup>st</sup> exchange)  
   ..... BLUE triangles (2<sup>nd</sup> and 3<sup>rd</sup> exchanges)

Break Line..... dashed GREEN line

400 Meter Dash Starting Lines ..... GOLD

All other Starting Lines..... WHITE

Alley Division (Left Side of Lane 5) .. GREEN & WHITE dashed line

Common Finish Line ..... WHITE

## Horizontal Jump Boards

Long Jump ..... 8' from pit

Triple Jump..... 18' from pit  
   ..... 23' from pit  
   ..... 28' from pit  
   ..... 33' from pit  
   ..... 38' from pit

## **Vertical Jump – Starting Heights**

Class	Gender	Pole Vault	High Jump
1	Girls		
1	Boys		
2	Girls		
2	Boys		
3	Girls		
3	Boys		
4	Girls		
4	Boys		
5	Girls		
5	Boys		
*Once all sectional results have been posted and verified, these will be determined and updated.			

This  
information  
will be updated  
when entries  
are finalized

## **Vertical Jump – Successive Increment Heights**

	Pole Vault	High Jump
<b>First 3 Height Changes</b>	0.15 m (15 cm)	0.05 m (5 cm)
<b>Subsequent Height Changes</b>	0.07 m (7 cm)	0.02 m (2 cm)



## **Missouri State High School Activities Association**

1 N. Keene Street, Columbia, MO 65201 • P.O. Box 1328, Columbia, MO 65205

Phone (573) 875-4880 • email@mshsaa.org

• [www.mshsaa.org](http://www.mshsaa.org) •

**Dr. Kerwin Urhahn, Executive Director**  
**Stacy Schroeder, Associate Executive Director**

Davine Davis, Assistant Executive Director   Doug Fessler, Assistant Executive Director   Craig Long, Chief Financial Officer   Lou Mazzocco, Assistant Executive Director  
Marty M. Marsh, Assistant Executive Director   Kenny Seifert, Assistant Executive Director   Greg Stahl, Assistant Executive Director   Jason West, Communications Director

### **SUPERVISION OF STUDENTS IN HOTELS AND MOTELS**

The MSHSAA Office has received several reports regarding misconduct of students who have stayed at hotels and motels during our state tournaments, and some proprietors have indicated that they may find it necessary to refuse registration for high school students.

Our investigation of this matter indicates that the problems come primarily from students who make motel reservations by telephone, etc., and are not under the supervision of parents or school representatives. Regardless of whether or not the students are attending under the supervision of the school, their misconduct is damaging to the image of that school, and also causes difficulty by making motel proprietors somewhat hesitant in making reservations for high school teams participating in our various state events.

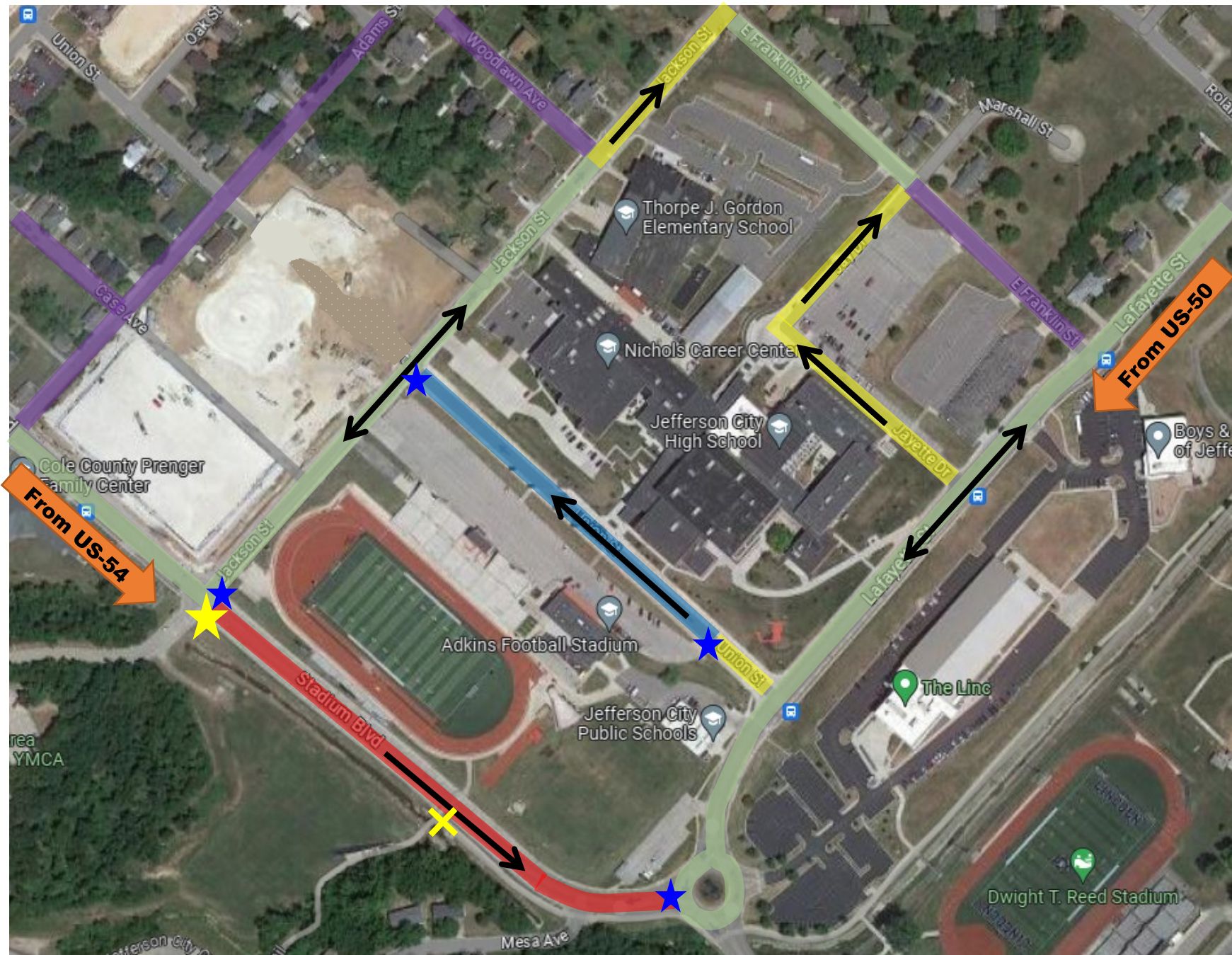
We have advised the hotel and motel proprietors in the towns and surrounding areas in which our championship events are held to register only students who are accompanied by their coach or students who are under the supervision of school representatives or their parents. We have further requested that the identity of trouble makers be obtained when misconduct occurs so these persons can be identified to their schools. We have made it clear to the motel proprietors that registering students who are not under the supervision of the school is the responsibility of the proprietor and students' parents. We believe our instructions to the motels and the procedures recommended are in the best interest of our schools.

We would further like to request that all schools, which qualify teams for any of our state tournament games take the following steps: (1) establish appropriate conduct policies and inform students who will be attending the tournament and staying overnight of these policies, (2) that students and parents be informed that because of damaging the image for their schools and the interscholastic program, motel and hotel proprietors provide to this office the names and addresses of individuals creating problems for them during overnight stays for MSHSAA events, (3) that you make it clear to parents that your school will not assume any responsibility for students staying overnight in hotels or motels who are not under your supervision and (4) that your student body be informed that the misconduct of a few students damages the image of the school and therefore should be a matter of concern for all students.

Your cooperation is requested

**“The MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.”**





**Access from  
Highways**

**PERMIT ONLY**  
**1-Way Access**  
**MSHSAA**  
**Officials**  
**Parking**

**RESTRICTED**  
**Athlete &**  
**Equipment**  
**Drop-Off**

**OPEN**  
**2-Way Traffic**

**OPEN**  
**1-Way Traffic**

**LIMITED**  
**2-Way Traffic**

**Traffic Flow**



**Law Enforcement or  
Parking Supervision**



**Restricted Access Entry**



**Coach Check-in & Packet Pick-Up**

**We highly recommend all teams use the US  
Highway 54 exit to access Stadium Boulevard.**





NO PARKING

Residential Permit Parking Only

**PERMIT** Parking Only

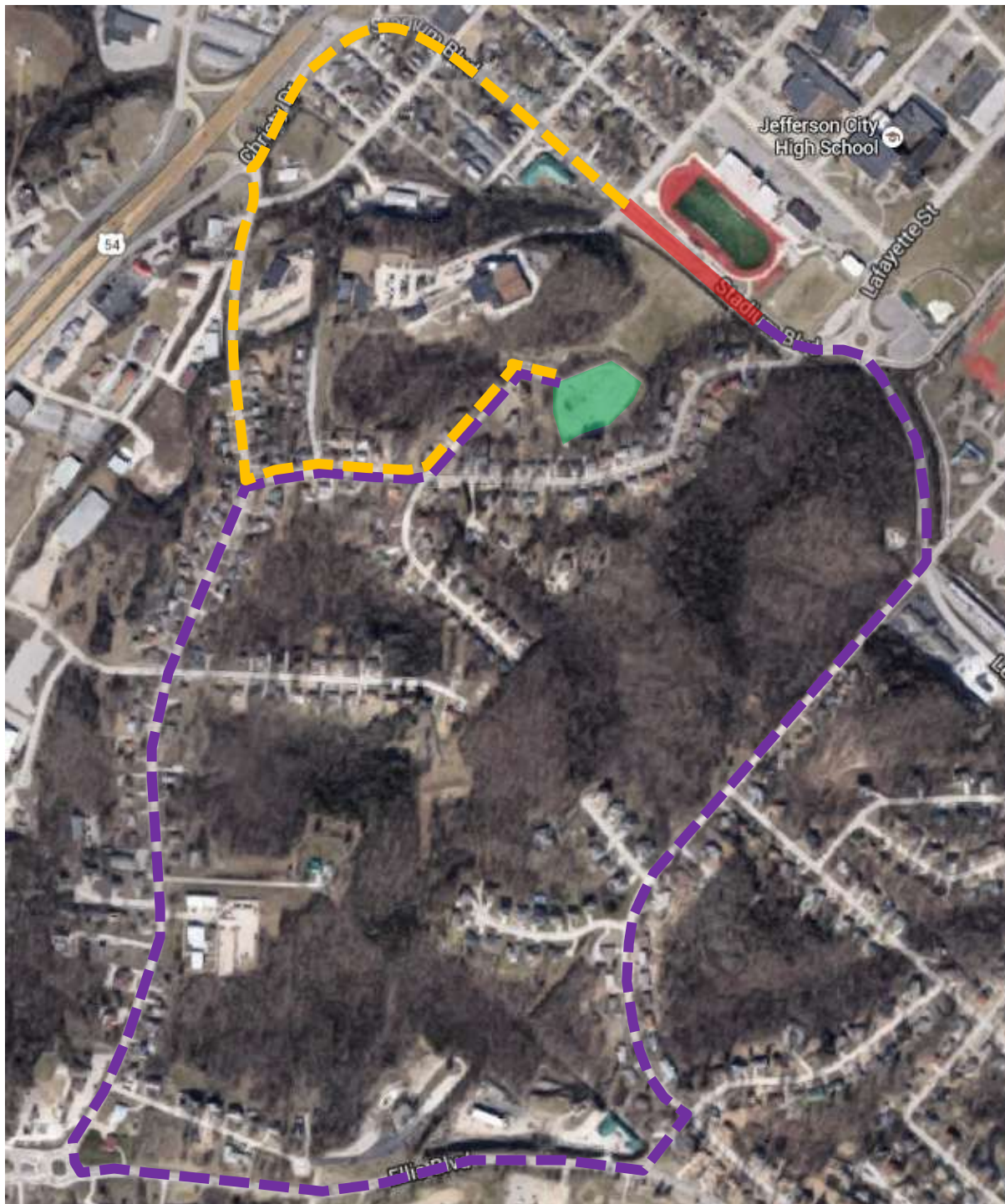
\$5.00 Parking

\$10.00 Parking

\$15.00 Reserved Parking  
Onsite Purchase Available

- \$5.00 (Yellow) and \$10.00 (Orange) parking lots are per entry into the lot. Spots will be resold as vehicles leave the lots.
- \$15.00 (Green) parking lot is reserved for the entire day with in and out privileges.
- Vehicles in No Parking Zones, Residential Permit Zones are subject to towing at the owners expense.





### **PERMIT ONLY**

Access  
School Transportation  
Drop off & Loading  
Zone

### **PERMIT ONLY**

School Bus  
Parking  
ONLY

### **DIRECTIONS TO PARKING AREA**

1. EAST ON STADIUM
2. ENTER ROUNDABOUT
3. SOUTH ON LESLIE (1<sup>ST</sup> RIGHT)
4. SOUTHWEST ON CHESTNUT (1<sup>ST</sup> RIGHT)
5. CHESTNUT TRANSITIONS INTO WINSTON
6. SOUTHWEST ON ROSEWOOD (3<sup>RD</sup> RIGHT)
7. WEST ON ELLIS BLVD (1<sup>ST</sup> RIGHT)
8. ENTER ROUNDABOUT
9. NORTH ON TANNER BRIDGE (1<sup>ST</sup> RIGHT)
10. EAST ON MESA (4<sup>TH</sup> RIGHT)
11. NORTH ON HOLIDAY (2<sup>ND</sup> LEFT)
12. THROUGH THE CUL-DE-SAC TO THE DRIVERS EDUCATION RANGE ENTRANCE

### **DIRECTIONS TO PICK UP ZONE**

1. EXIT DRIVERS EDUCATION RANGE THROUGH THE CUL-DE-SAC
2. SOUTH ON HOLIDAY
3. WEST ON MESA (1<sup>ST</sup> RIGHT)
4. NORTH ON TANNER BRIDGE (2<sup>ND</sup> RIGHT)
5. NORTHEAST ON CHRISTY (2<sup>ND</sup> RIGHT)
6. EAST ON STADIUM (1<sup>ST</sup> RIGHT)
7. PROCEED TO RESTRICTED ZONE FOR PICK UP



