**Maple Park Middle School Tri-Meet**

**April 17, 2023**

**Lakeview, Maple Park, Ray-Pec South**

**Location:** Winnetonka High School

5815 NE 48th Street

Kansas City, MO 64119

**Buses:**  The track is located on the West side of the building. Please drop athletes off at the track, then park on the East side of the building.

**Team Seating:** When arriving, please choose an area in the bleachers as your team area.

**Spectators:** No spectators allowed on the track or football field.

**Restrooms:** Restrooms are located in the entrance to the stadium.

**Concessions:** Concession stand will not be open, but there will be a Food Truck present.

**TIME:** All events will begin at 4:00. Coaches Meeting @3:45

**Scoring**: The first heat will be the scoring heat. Each school is allowed 2 runners in that heat. All other runners should report their times back to their coach. *Event points will be 5-3-2-1. Relay points 5-3.*

**Track:** This is a 6 lane all-weather track and runways. 1/8 inch spikes or less.

We would like to ask for additional help in some of the field events. I have indicated which school will be in charge of each field event. In addition, please have a coach available to help with exchange zones.

**Field Events (Unlimited Entries):**

Shot Put (Ray-Pec South)– Boys followed by Girls –Please take all attempts consecutively

Discus (Maple Park) – Girls followed by Boys – Please take all attempts consecutively

Long Jump (Lakeview) – Cafeteria Style, Boys/Girls Together – 3 attempts

Triple Jump (Maple Park) – Cafeteria Style, Boys/Girls Together – 3 attempts

High Jump (Ray-Pec South)– Girls first opening height 1.2; Boys opening height 1.32

**Running Events: (Girls then Boys)**

100 M Hurdles

100 M Dash

4 x 200 M Relay

1600 M Run

4 x 100 M Relay

400 M Run

800 M Run

200 M Dash

4 x 400 M Relay

A screenshot of a video game

Description automatically generated with medium confidence

Long Jump

High

Jump

Discus

Triple Jump

Shot Put