## QPANTHER <br> LOUTHTRACKCLLB

## INFORMATION

Event date: Sunday, May 26, 2024
Location: Panthers Athletic Complex, 925 E Madison Ave Derby, KS 67037
Gates: Open 8:00 am
Registration: www.coacho.com; Registration closes Wednesday, May 23, 2024, at 11:59pm; Online Fees: \$15
Per Athlete

## GATE ADMISSIONS

Athletes: Wristbands provided with entry and must always be worn for free entry into the meet. AAU Card NOT required!
Coaches: $\$ 5$ entry unless current AAU Coaching Card is shown.
Entry Fee: Adults $\$ 5$, ages 5 -under free, wristbands provided with entry and must always be worn for free entry into the meet.

## EVENT EXPECTATIONS

Race Ready: Come to the heating tent race ready. NO PARENTS!
Running/Field Events: Girls followed by boys, youngest to oldest EXCEPT High Jump. If an athlete needs to leave a field event for a running event, please check out before doing so.
Field Events: 3 attempts with NO Finals, EXCEPT High Jump
Awards: Top 3 events in each individual and relay event will receive a medal. NO RIBBONS!

## START TIMES

## Running Events: 9:00 am

3000m Run: 1314 15-16 17-18
80m Hurdles: 1112
100m Hurdles: 1314 15-16 17-18
100m Dash Semis: 8 \& Under 91011121314 15-16 17-18
1500m Run: 8 \& Under 91011121314 15-16 17-18
400m Dash: 8 \& Under 91011121314 15-16 17-18
200m Hurdles: 1314
100m Dash Finals: 8 \& Under 9101112131314 15-16 17-18
$4 \times 100 \mathrm{~m}$ Relay: 8 \& Under $9+1011+12$ 13+14 15-16 17-18
800m Run: 8 \& Under 91011121314 15-16 17-18
200m Run: 8 \& Under 91011121314 15-16 17-18
$4 \times 400 \mathrm{~m}$ Relay: $9+10$ 11+12 13+14 15-16 17-18
Midwest Timing with Live Results!!!

Field Events: 8:30 am
Long Jump: 8 \& Under 91011121314
15-16 17-18 Triple Jump: 1314 15-16 17-18
Shot Put: 8 \& Under 91011121314
15-16 17-18 Discus Throw: 11121314
15-16 17-18
High Jump: 91011121314 15-16 17-18
Turbo Javelin: 8 \& Under 9101112

## PLEASE NOTE

Coaches Check in: 8:00 am - 8:30 am; Coaches Meeting: Will take place during the 3000m run; running events will run with girls followed by boys (rolling schedule); some field and running events may be combined (Girl/Boys); some events may consist of combined age groups if there are less than (8) athletes entered in the event (age group)
Weather: The meet will only be cancelled in the event of continued inclement weather, which would jeopardize the safety of the participants (lightning, hail, heavy rain). In all other cases of inclement weather, delays in the meet may occur.
Concession stand with food and drinks will be available.
Concession and Entry Fee Payments Accepted:
Cash, Venmo, CashApp, Square

