

URGENT URGENT

MICDS

Sports Information

Athletic Department
McDonnell Gymnasium
Mary Institute and Saint Louis Country Day School
101 North Warson Road
St. Louis, MO 63124
Don Maurer, Director of Athletics
Corey Nesslage, Assistant Athletic Director
Bonita Berry, Administrative Assistant

To: Class 3 District 3 Track and Field Coaches and Athletic Directors

Clayton, Duchesne, Jennings, John Burroughs, Lutheran North, McCluer South-Berkeley, MICDS, North Tech, Priory, St. Charles, St. Charles West, Transportation and Law, Trinity Catholic, University City, Villa Duchesne, Visitation, Westminster

From: Don Maurer (314) 995-7471; Corey Nesslage (314) 995-7347; Jim Lohr (314) 995-7450, ext. 7225

Date: 5/13/10

Number of Pages (including cover page): 6

RE: Revised Field Event Schedule and Workers Assignments

We seem to have failed to properly account for our runway facilities. Considering all circumstances, we have decided to adopt the schedule found on the second page of this attachment. *This results in the following changes to the field event schedule sent May 1:*

*** Girls Triple Jump moves from 1:00 p.m. to 3:00 p.m.

*** Boys Triple Jump moves from 3:00 p.m. to 5:00 p.m.

This schedule has been adopted so as to accommodate, also, participants in the hurdles events, as well as ensuring that no horizontal jumps will be conducted simultaneously, and thusly, will all be run in the same direction.

The full, revised schedule is included in this broadcast. Again, we apologize for any inconvenience rendered by an announcement at such a late date and thank you all for your understanding.

Further included in this attachment is the event work schedule. If you need to change an assignment, you may seek out another coach, then, however, please let us know so that we may have an accounting of all events.

Class 3 District 3 Track Meet Time Schedule

10:00 a.m.	Coaches Meeting, Bleachers North of Press Box	
10:00 a.m.	Implement Weigh-in, Bleachers South of Press Box (to end at 10:45)	
10:20 a.m.	Field Event Judges, Bleachers North of Press Box	
11:00 a.m.	Shot and Discus Prelims (3 throws), 9 to Finals (3 throws)	
11:00 a.m.	Boys Shot Put - Finals Follow	
11:00 a.m.	Girls Discus - Finals Follow	
1:00 p.m.	Boys Discus - Finals Follow	
1:00 p.m.	Girls Shot Put - Finals Follow	
11:00 a.m.	Long and Triple Jump Prelims (3 jumps), 9 to Finals (3 jumps)	
11:00 a.m.	Girls Long Jump	Cafeteria Style (Finals to begin at 11:50 a.m.)
1:00 p.m.	Boys Long Jump	Cafeteria Style (Finals to begin at 1:50 p.m.)
3:00 p.m.	Girls Triple Jump	Cafeteria Style (Finals to begin at 3:35 p.m.)
5:00 p.m.	Boys Triple Jump	Cafeteria Style (Finals to begin at 5:35 p.m.)
11:00 a.m.	Boys Pole Vault (five alive)	Starting Height (TBA by Games Committee)
3:00 p.m.	Girls Pole Vault (five alive)	Starting Height (TBA by Games Committee)
11:00 a.m.	Girls High Jump (three alive)	Starting Height (TBA by Games Committee)
1:00 p.m.	Boys High Jump (three alive)	Starting Height (TBA by Games Committee)
11:30 a.m.	Preliminary Running Events	
11:30 a.m.	Boys 110 meter High Hurdles	Prelim
11:45 a.m.	Girls 100 meter Hurdles (33")	Prelim
11:55 a.m.	Boys 100 meter dash	Prelim
12:05 p.m.	Girls 100 meter dash	Prelim
12:15 p.m.	Girls 4x800 meter relay	Final (One-Turn Box Alley start)
12:30 p.m.	Boys 4x800 meter relay	Final (One-Turn Box Alley start)
12:45 p.m.	Boys 200 meter dash	Prelim
12:55 p.m.	Girls 200 meter dash	Prelim
Following Girls 200.....	Break - not less than 30 minutes	
1:30 p.m.	Finals	
1:30 p.m.	Girls 100 meter Hurdles (33")	Final
1:40 p.m.	Boys 110 meter High Hurdles	Final
1:50 p.m.	Girls 100 meter dash	Final
1:55 p.m.	Boys 100 meter dash	Final
2:10 p.m.	Girls 4x200 meter relay	(Heats vs. Time)
2:20 p.m.	Boys 4x200 meter relay	(Heats vs. Time)
2:30 p.m.	Girls 1600 meter run	(One-Turn Box Alley start)
2:45 p.m.	Boys 1600 meter run	(One-Turn Box Alley start)
3:00 p.m.	Girls 4x100 meter relay	(Heats vs. Time)
3:10 p.m.	Boys 4x100 meter relay	(Heats vs. Time)
3:20 p.m.	Girls 400 meter dash	(Heats vs. Time)
3:30 p.m.	Boys 400 meter dash	(Heats vs. Time)
3:45 p.m.	Girls 300 meter Hurdles	(Heats vs. Time)
4:00 p.m.	Boys 300 meter Hurdles	(Heats vs. Time)
4:15 p.m.	Girls 800 meter run	(Heats vs. Time)
4:25 p.m.	Boys 800 meter run	(Heats vs. Time)
4:40 p.m.	Girls 200 meter dash	Final
4:45 p.m.	Boys 200 meter dash	Final
4:55 p.m.	Girls 3200 meter run	(One-Turn Box Alley start)
5:10 p.m.	Boys 3200 meter run	(One-Turn Box Alley start)
5:25 p.m.	Girls 4x400 meter relay	Three-Turn Stagger Start (Heats vs. Time)
5:35 p.m.	Boys 4x400 meter relay	Three-Turn Stagger Start (Heats vs. Time)
At the End of Competition.....	Presentation of First-Place and Second-Place Team Plaques	

BE ADVISED: We will not get ahead of this schedule, but, we may get behind

Supervision and Judging Responsibilities

- Coed schools must provide two officials. Schools asked to support the finish line area must provide one competent adult timer (with stopwatch). Field event judges will be responsible to provide their own assistance (pit-raking, bar replacement) at each event. **All field event judges will meet at 10:20 a.m.** in the bleachers near the press box, immediately following the general coaches meeting, for instructions and the distribution of recording materials.

Field Event Assignments and **reporting times for judges** (*NOTE: all judges must be present at 10:20 a.m. meeting with Head Field Events Judge; see above*).

Girls' Long Jump	10:40 a.m.	Duchesne (B)
Boys' Long Jump	12:40 p.m.	Clayton (B)
Girls' Triple Jump	2:40 p.m.	Westminster (G)
Boys' Triple Jump	4:40 p.m.	MICDS (G)
Boys' Shot Put	10:40 a.m.	St. Charles (B)
Girls' Shot Put	12:40 p.m.	University City (G)
Girls' Discus	10:40 a.m.	Lutheran North (G)
Boys' Discus	12:40 p.m.	MICDS (B)
Boys' Pole Vault	10:40 a.m.	John Burroughs (B)
Girls' Pole Vault	2:40 p.m.	John Burroughs (G)
Girls' High Jump	10:40 a.m.	St. Charles (G)
Boys' High Jump	12:40 p.m.	St. Charles West (B)

Timers**11:10 a.m. start/finish line (bring one stopwatch)****If you do not assign a coach here, this must be a *qualified* adult who can complete the meet.**

Clayton (G)

Duchesne (G)

Jennings (B)

Jennings (G)

Lutheran North (B)

Priory (B)

McCluer South-Berkeley (G)

Trinity (B)

Trinity (G)

Exchange Zone Judges**3200 M Relay**

South Curve

North Curve

Villa Duchesne

Visitation

800 M Relay (1,3)

North Tech (B)/University City (B)

1600 M Run

South Curve

North Curve

Pole

Villa Duchesne

Visitation

Transportation & Law (B)/University City (B)

400 M Relay (1,2,3)

Villa Duchesne (1), Visitation (2), MICDS (G) (3)

800 M Run

South Curve

North Curve

Break Line

Villa Duchesne

Visitation

North Tech (G)/University City (B)

3200 M Run

South Curve

North Curve

Pole

Villa Duchesne

Visitation

Transportation & Law (G)/University City (B)

1600 M Relay

1st Exchange

South Curve

North Curve

Pole

Referee

Villa Duchesne

Visitation

North Tech (B)/University City (B)

Clerk of the Finish

Chris Rappleye (MICDS)

Clerk of the Start

Josh Smith (MICDS)

Meet Scorer/Head Finish Judge

Tom James (MICDS)

Announcer

Dr. Marilyn Ackerman (MICDS)

Games Committee

Jim Thomson, Jim Lohr (MICDS), Barry Ford (Clayton), Matt Keller (University City), Steve Miller (Villa Duchesne), Jim Prahlow (Lutheran North)

Time Limit Procedure for Excused Competitors

Rule 3-2-3-1 permits the Games Committee to determine the time limits during which competitors are excused to compete in other events.

Guidelines for a competitor to be excused from one event to compete in another.

- 1. The athlete must have permission from the event judge.**
- 2. The judge will record the time that the athlete is excused to compete. The judge may, as a courtesy, inform the athlete of the time limitations involved. It is the coach's responsibility to inform the athlete of this rule.**
- 3. The athlete must wait until at least the second call for a running event before being excused. The judge may require the athlete to stay at the event if it is determined that the conflicting event is to be delayed.**
- 4. The judge may allow the athlete to take a trial out of turn before being excused.**
- 5. The athletes are expected to return promptly to their event.**
- 6. In the high jump and pole vault, if the athlete has failed to return in the allotted time and all other competitors have either passed, failed, or cleared the existing height, the judge will pass the excused competitor to the next height.**

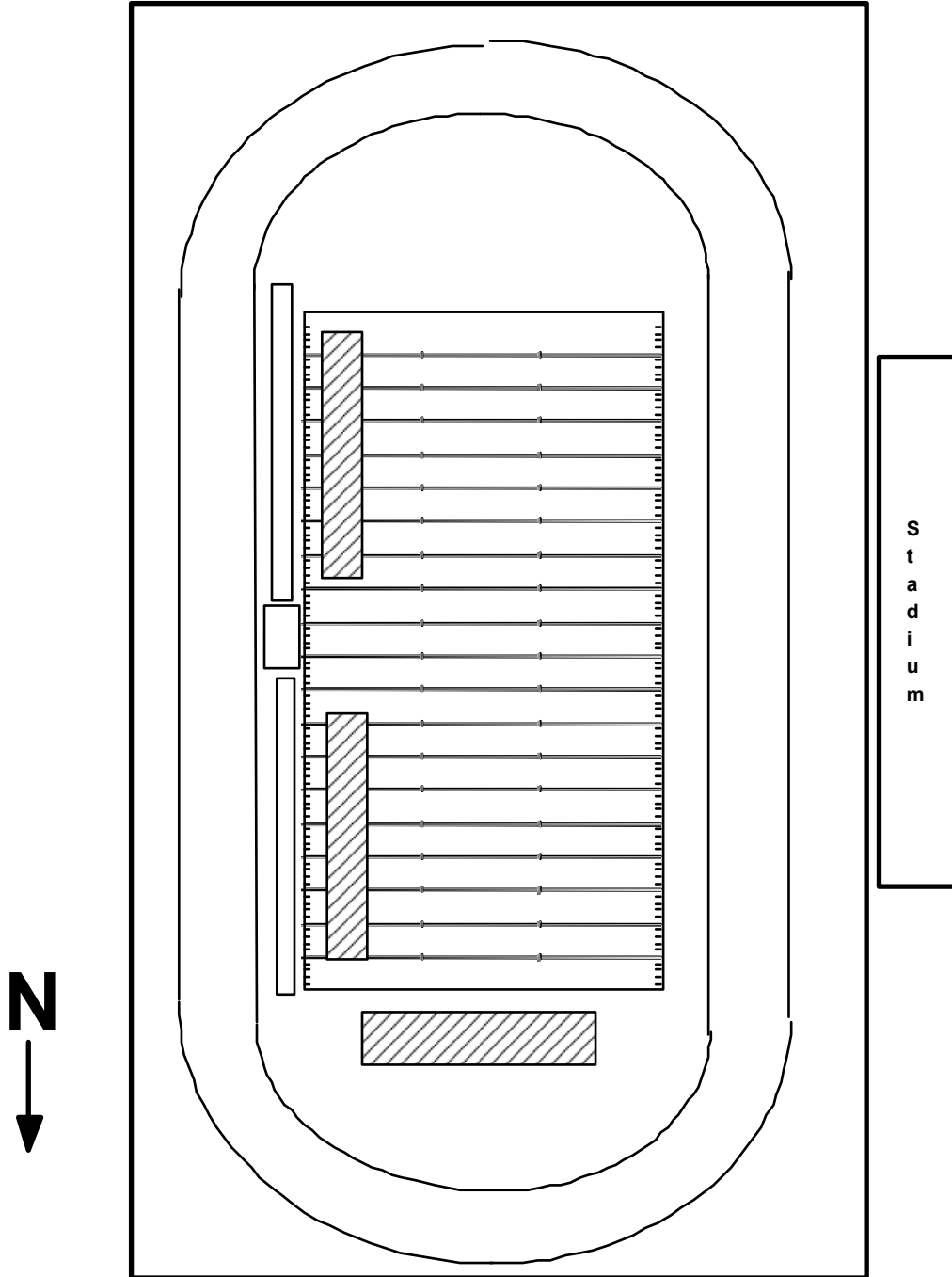
The field event judge must exercise judgment to protect not only the athletes with an event conflict, but other competitors in the event that do not have conflicts and are prepared to compete. Coaches must take into account the meet schedule and recognize the potential limitations placed on their athletes when conflicts exist. Overcommitment of an athlete may hinder his/her meet performance.

Appeals Procedure

The Games Committee will serve as the Jury of Appeals.

- 1. A Jury of Appeals shall serve as the final board of appeals. (Rule 3-5-1)**
- 2. The coach first protests to the Referee (3-5-2). If the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal should be made to the jury.**
- 3. Please note the NFHS criteria for situations subject to appeal (3-5-3) and those that are not subject to appeal (3-5-4).**
- 4. The Jury of Appeals has the sole responsibility for the final ruling, and the decision shall be final and without further appeal.**
- 5. The Meet Director shall give the final decision to the head coach(es) in question.**

District 3 Track and Field Coaching Boxes




Coaching Boxes

All areas inside the dark solid line are restricted for coaches except those marked as coaches boxes. Coaching areas are marked by flags.

Class 3 District 3 Track and Field Championships

Mary Institute and Saint Louis Country Day School

From
I-64/US-40/61

From
I-270

LADUE

SOUTH
CAMPUS

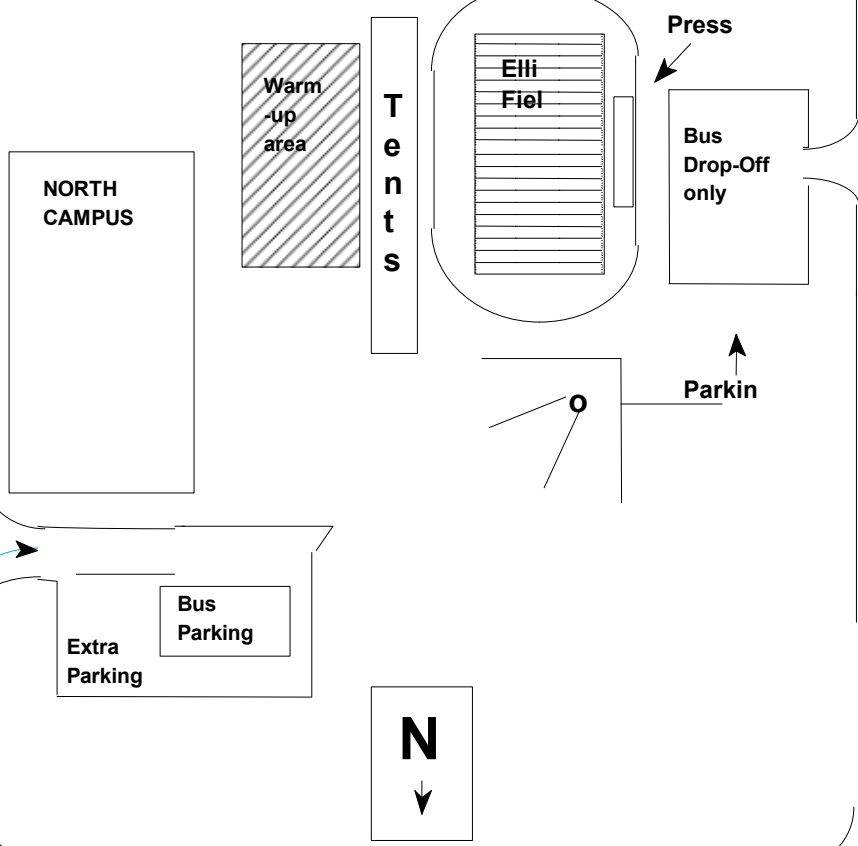
W
A
R
S
O
N
R
D.

L
I
N
D
B
E
R
G
H
B
L
V
D

Directions from Interstate 64/US-40/61
From either direction, exit at Lindbergh, and head north
(right if exiting from westbound lanes...left if exiting from eastbound lanes)
Entrance into Stadium Parking/Bus Drop-off 1/4 mile north of Ladue

Directions from Interstate 70:
Take Interstate 270 South, exiting at Ladue Road
Turn left, go east 2.5 miles to Lindbergh, then turn left and follow as above

Please note: Busses must use stadium parking lot ONLY for drop-off
Route to bus parking: Right (only) out of parking lot onto Lindbergh north to Olive, right (east) to Warson, right (south) 3/4 mile to campus...first MICDS campus entrance is just past Ladue/Creve Coeur city line - two-way communication will be in place between North Campus parking lot and Stadium.



Use Olive Blvd. (3/4 mile north) to access east side of campus