

2024 Sunflower State Games Track and Field

[CLICK HERE TO REGISTER!](#)

July 19-20, 2024

MEET SCHEDULE and COMPETITION INFORMATION

Document Date – February 22, 2023

1. Registration Deadline – Monday July 17, 2024 at 6:00 p.m., CDT.
2. Register for this meet online – using another link will not be accepted.
3. The deadline will not be extended. Online registration only. No refunds.
4. No walk-up registrations and no event changes; scratches only.
5. \$40 per athlete for a maximum of five (5) events - \$20 each additional event
6. If a participant loses their Bib OR WRISTBAND there will be a \$10 Replacement Fee.
7. Medals must be picked up on site and will NOT be mailed.
8. Note that for field events, results will not be posted until the conclusion of the event AND THERE MAY BE DELAYS IN POSTING THE RESULTS ONLINE
9. High jump and pole vault competitions may have all girls or boys age groups together, girls and boys, or women and men competing at the same time based on the number of athletes and officials present.
- 10.
11. This information AND SCHEDULE may be amended up to the day/time of the Meet and Relay at the sole control and decision of Meet Management, AND IF WEATHER OR FACILITIES ISSUES CAUSE THE NEED FOR CHANGES.

LEGEND							
Symbol	Meaning	Symbol	Meaning	Symbol	Meaning	Symbol	Meaning
G	Girls	Op	Adults 19-29	m	Meters	LJ	Long Jump
B	Boys	Ma	Masters 30+	RW	Race Walk	TJ	Triple Jump
W	Women			H	Hurdles	HJ	High Jump
M	Men			R	Relay	PV	Pole Vault
				We	West Side	SP	Shot Put
				Ea	East Side	DS	Discus
				NDZ	North D Zone	JV	Javelin
				SDZ	South D Zone	TJav	Turbo Javelin

Aerial Views of Shawnee Heights High School Track Complex



AGE COMPETITION CATEGORIES

Youth Groupings			Adult Groupings	
Male Divisions	Female Divisions		Male Divisions	Female Divisions
8 and Under	8 and Under		19-29	19-29
9-10	9-10		30-34	30-34
11-12	11-12		35-39	35-39
13-14	13-14		40-44	40-44
15-16	15-16		45-49	45-49
17-18	17-18		50-54	50-54
			55-59	55-59
			60-64	60-64
			65-69	65-69
			70-74	70-74
			75-79	75-79
			80+	80+

FIELD EVENT ELIGIBILITY

Event	8 and Under	9-10	11-12	13-14	15-16	17-18	19-29 Open	30 and Older
Shot Put	x	x	x	x	x	x	x	x
Turbo Javelin	x	x	x					
Javelin				x	x	x	x	x
Discus			x	x	x	x	x	x
Long Jump	x	x	x	x	x	x	x	x
Triple Jump				x	x	x	x	x
High Jump	x	x	x	x	x	x	x	x
Pole Vault			x	x	x	x	x	x

Event	8 and Under	9-10	11-12	13-14	15-16	17-18	19-29	30 and Older
100m	x	x	x	x	x	x	x	x
200m	x	x	x	x	x	x	x	x
400m	x	x	x	x	x	x	x	x
800m	x	x	x	x	x	x	x	x
1500m	x	x	x	x	x	x	x	x
3000m		x	x	x	x	x	x	x
80m H			x					x
100m H				x	x	x	x	x
110m H					x	x	x	x
4x100m R		x	x	x	x	x		

TEAM CAMPS:

Tents can be anywhere there is grass and top rows of the bleachers. Be mindful of the presence of Track and Technical Equipment. Please do not to block the view of other Teams or Fans.

**2024 Kansas Sunflower Games – Track and Field
General Schedule of Events – Friday, July 19, 2024**

Friday: Running Events

3:00 pm – 8:00 pm (estimated)

- 80 meter Hurdles –
- 100 meter Hurdles –
- 110 meter Hurdles –

7:30 pm - 3000 meter Run

Friday: Field Events

10:00 am to 7:00 pm

Adults ONLY – High Jump, Long jump, Triple jump, Shot Put, Discus, Javelin, and Pole Vault

FRIDAY, July 12, 2024					
EVENT	GENDER	AGE GROUP	TIME	CHECK IN LOCATION	COMPETITION LOCATION
80mH	G B MaW MaM	GB 11-12 MaW40+ MaM70+	300p	NE Ea Tent	NW Corner of We Track
100mH	G B WOp MaM	13-18G 13-14B 19-29W 50-69MaM	Following 80mH	NE Ea Tent	NW Corner of We Track
110mH	B M	15-18B 19-29OpM 30-49OpM	After 100mH	Center Tent	NW Corner of We Track
3000m Run	G B W M	Ages 9+	730p	Center Tent	NE Corner of Ea Track
Long Jump	W Op/Ma M Op/Ma	19 to 29 30 & Older	400p – 600p	LJ/TJ/PV Tent	Ea of Ea Bleachers
Triple Jump	W Op/Ma M Op/Ma	19 to 29 30 & Older	400p – 400p	LJ/TJ/PV Tent	Ea of Ea Bleacher
High Jump	W Op/Ma M Op/Ma	19 to 29 30 & Older	1200n	NDZ – West Pit NDZ – East Pit	NDZ – West Pit NDZ – West Pit
Pole Vault	All Adults	19 to 29 30 & Older	1200n	LJ/TJ/PV Tent	Ea of Ea Bleacher
Shot Put	W Op/Ma M Op/Ma	19 to 29 30 & Older	1000a-1200n	Shot Ring	NW of Stadium
Discus	W Op/Ma M Op/Ma	19 to 29 30 & Older	1000a-1200n	Discus/Hammer Ring	N of Stadium
Javelin	W Op/Ma M Op/Ma	19 to 29 30 & Older	100p-300p	Jav Runway	NE JV Runway North

**2024 Kansas Sunflower Games – Track and Field
General Schedule of Events – Saturday, July 20, 2023**

Saturday: Running Events

8:00 am- 4:00 pm

1500 meter Run

100 meter Dash –

- Girls and Women on the east side
- Boys and Men on the west side.

400 meter Dash

OFFICIALS' BREAK!

4 X 100 meter Relay – Boys and Girl (Youth) only

800 meter Run

200 meter Dash

Saturday: Field Events

8:00 am – 3:00 pm

Youth ONLY - CAFETERIA STYLE – Long Jump, Triple Jump, Shot Put, Discus, Javelin, Turbo Javelin (on the football field at the SE corner)

Youth ONLY – High Jump and Pole Vault (Normal Progressive Heights)

SATURDAY, July 13, 2024					
EVENT	GENDER	AGE GROUP	TIME	CHECK IN LOCATION	COMPETITION LOCATION
1500m Run	All	Ages 9+	800a	Center Tent	SE Corner of Ea Track
100m Dash	G and WOp/Ma	All	After 1500m	Center Tent	Ea Track
100m Dash	B and MOp/Ma	All	After 1500m	Center Tent	We Track
400m Dash	All	All	After 100m	Center Tent	SW Corner of We Track
4x100R	B and G	9+	After 400m	Center Tent	SW Corner of We Track
800m Run	All	All	After 4x100	Center Tent	SW Corner of We Track
200m Dash	All	All	After 800m	Center Tent	NE Corner of Ea Track
Long Jump	All	8U to 10 11 to 13 14 to 16 17 to 18	800a – 1100a	LJ/TJ/PV Tent	Ea of Ea Bleachers ~Girls Pit ~Boys Pit
Triple Jump	All	13 to 18	800a – 1100a	LJ/TJ/PV Tent	Ea of Ea Bleachers
High Jump	B	8U to 18	900a	NDZ East Pit	NDZ East Pit
High Jump	G	8U to 18	900a	NDZ West Pit	NDZ West Pit
Shot Put	All	8U to 18	900a – 1100a	Shot Ring	NW of Stadium
Pole Vault	All Youth	11 to 18	900a		
Discus	All	11 to 18	900a – 1100a	Discus/Hammer Ring	N of Stadium
Javelin	All	13 to 18	1100a – 100p		NE JV Runway North
Turbo Jav	All	8U to 12	200p – 400p		SE corner of Football Field

COMPETITION FORMAT and MEET OPERATIONS:

1. Events will use USATF rules unless modified herein by SSG to govern the meet and competition.
 2. For all participants the age determination date is July 14, 2023.
 3. Running events will be conducted youngest to oldest; girls to women, then boys to men
 4. For the safety of all participants – the only exception being the Turbo Javelin competition for Youth – all throwers must have prior knowledge and experience throwing implements. **NO FIRST TIME THROWERS!** Throwers that appear to be first-time Throwers, or that appear to be unable to participate in a safe manner, will be asked to leave the competition at the decision of the Head Event Official.
 5. All participants must supply their own throwing implements and pole vault poles.
 6. Hurdles, Starting Blocks, and Turbo Javelins will be provided.
 7. Measurements will be made Metrically.
 8. [Click here for SSG Hurdle Height specifications.](#)
 9. [Click here for official Implement Weights.](#)
 10. All result protests must be made no later than 30 minutes after the results have been posted on site. A protest fee of \$75 will apply and must be paid on site. If the protest is ruled to be in favor of the protesting party, the \$75 protest fee will be returned.
 11. **ALL RESULTS ARE FINAL AFTER THE 30 MINUTE PROTEST DEADLINE AND WILL NOT BE CHANGED ONCE THEY ARE POSTED ON THIS WEB SITE.**
 12. Medals will be distributed to the top three in each group once all trials have been completed in particular age groups. Medals must be picked up on site and will not be mailed. **NO EXCEPTIONS.**
 13. Please note that for field events conducted Cafeteria Style results will not be posted until after the conclusion of the event competition window.
 14. All participants are advised to bring their own water and water bottles to remain hydrated in the excessive heat.
 15. Field event check-in will be on-site. Please be ready to compete at that time. Events will begin promptly when scheduled.
 16. All running event check-in will be conducted at the heating tent near the middle of the turf field.
 17. Please note that for running events, a rolling schedule will be used. All running events will be conducted Female first followed by Male, and youngest to oldest.
 18. It is the athletes' responsibility to have all warm-up completed prior to competition start time.
- Note: As with all track meets, events may run faster or slower, depending on the number of entries.

Guidelines for Running Events:

1. Starting Blocks WILL NOT be used for athletes ages 8 and Under. Athletes ages 9 and older may use starting blocks in the 100m and 200m but must be able to set them with limited assistance. Starting Blocks will not be used for the 400m races.
2. Simultaneous 100m races will be conducted. Girls and Women on the east side of the track, and Boys and Men on the west side of the track.

Cafeteria Style for Field Events:

IT IS THE ATHLETE'S RESPONSIBILITY TO HAVE COMPLETED ALL TRIALS IN THEIR FIELD EVENTS PRIOR TO THE CLOSING OF THE EVENT!

1. The following Field Events will be conducted "cafeteria style" – Long Jump, Triple Jump, Shot Put, Discus, Javelin, and Turbo-Javelin.
2. Cafeteria style denotes that you have an opportunity to complete all trials in your registered field events within the allotted time. A maximum of four (4) attempts will be allowed for each registered athlete. An athlete may take one or four attempts within the allotted time for the event.

High Jump and Pole Vault:

ALL high jumpers and pole vaulters are to be checked in and have established their marks prior to the start of the high jump or pole vault competition.

1. The High Jump and Pole Vault competitions will be competed using a progressive height increase format. Measurements will be made imperially.
2. The starting bar height will begin as noted herein. Once the bar begins its progression, it will not be lowered for any reason except to break ties; NO EXCEPTIONS.
3. High jump and pole vault are not conducted “cafeteria style”, meaning you can not show up and jump when you want. These competitions are competed using a progressive height increase format, meaning when the bar is moved to the next height increment it is not lower, except in the process of breaking a tie for first place. If a high jumper or pole vaulter is not present when their name is called to execute a jump or vault, he or she will be considered having passed at that height. When the individual returns, he or she will jump or vault at the height the bar is currently setting, and there are **NO EXCEPTIONS**.
- 4.

High Jump Guidelines -

Friday – Two (2) pits will be used – Both competitions will be held in the NDZ.

- One for Adult (19+) Women (West Pit)
- One for Adult (19+ Men) (East Pit)

The opening height for both High Jump pits will be 2'-6" and the bar will make a standard progression of 2" throughout the competition. NO EXCEPTIONS.

Saturday – Two (2) pits may be used –

- NDZ – Boys Ages 8U to 18 (East Pit)
- NDZ – Girls Ages 8U to 18 (West Pit)

The opening height for both High Jump pits will be 2'-06" and the bar will make a standard progression of 2" throughout the competition. NO EXCEPTIONS.

High Jump Competition Guidelines –

1. When the bar reaches 4'-00", 5'-00", or 6'-00" a maximum five-minute warm-up period will be allowed for any athletes joining the competition within that range of progressions up to the next warm-up height.
2. A maximum of three (3) attempts will be allowed at any one height. An athlete make take one or all three attempts to clear a height, or may pass an attempt or a height. Once an athlete has made three consecutive misses they are eliminated from the competition.
3. Two marks of athletic tape are allowed for each athlete.
4. One (1) minute per attempt. If an athlete is not present when called up for their attempt – and has not checked out of the competition area with the Head Official – the time available for their attempt will lapse with the result being a time violation foul.
5. Breaking the plane of the bar extended through identified jumping area – or touching the pit – without making an attempt to clear the bar is a foul attempt.
6. Jumps must be made off one foot.

Pole Vault Competition Guidelines –

1. One (1) pit will be used for both genders.
2. The opening height will be 6'-00" and the bar will make a standard progression of 6" throughout the competition. NO EXCEPTIONS.
3. A maximum of three (3) attempts will be allowed at any one height. An athlete make take one or all three attempts to clear a height, or may pass an attempt or a height. Once an athlete has made three consecutive misses they are eliminated from the competition.
4. One mark of athletic tape is allowed along the side of the runway for each athlete
5. One (1) minute-thirty (30) seconds will be allowed per attempt. If an athlete is not present when called up for their attempt – and has not checked out of the competition area with the Head Official – the time available for their attempt will lapse with the result being a time violation foul.

4x100m Relay –

The 4 x 100m Relay will be an event for Boys and Girls Youth athletes Ages 9 through 18 at an additional cost of \$20 (cash payments only) per team. Batons will be provided by Meet Management and must be returned at the completion of the Relay.

1. All Relays must be contested by athletes Registered/Paid to compete in the meet.
2. Relay cards will be completed by Team Coach or Leader and submitted with a \$20 cash payment at least thirty (30) minutes to the start of the Relay and verified for completion and compliance by Meet Management at the Center Tent prior to start of the race.
3. Relay teams can be created at the meet and comprised as follows:
 - (a) The age of the oldest athlete governs the age category
 - (b) Teams can register as clubs, with a name, or UNAttached.

END OF DOCUMENT