

Lawrence Free State Barrier Breakers Track & Field Meet

Boys Meet on Thursday, April 22, 2021 | Girls Meet on Friday, April 23, 2021

Participating Schools on Thursday, April 22, 2021 – BOYS MEET

- Andale
- Bishop Miege
- Blue Valley North
- De Soto
- Emporia
- Heritage Christian Academy
- Lansing
- Lawrence
- Manhattan
- Olathe East
- Piper
- St. James Academy
- St. Thomas Aquinas
- Shawnee Mission North
- Topeka-Hayden
- Topeka-Seaman
- Topeka West
- Washburn Rural
- Wyandotte

Participating Schools on Friday, April 23, 2021 – GIRLS MEET

- Andale
- Bishop Miege
- De Soto
- Emporia
- Heritage Christian Academy
- Lansing
- Lawrence
- Manhattan
- Olathe East
- Olathe West
- Piper
- St. James Academy
- St. Thomas Aquinas
- Shawnee Mission North
- Topeka-Hayden
- Topeka-Seaman
- Topeka West
- Washburn Rural
- Wyandotte

Host Contacts

- Dr. Amanda Faunce, Athletic Director | Amanda.Faunce@usd497.org
- Jordan Rose, Head Track & Field Coach | jrose@usd497.org | 785-766-6328
- Steve Heffernan, Meet Coordinator | sheffern@usd497.org | 785-766-9877 / 785-843-3786

Athletic Trainer

- The Free State Certified Athletic Trainer will be on site at all times during the meet.

Entry Requirements | Due by 8pm on Wednesday, April 21, 2021

- Entry Registration: [KS Mile Split Registration Link](#)
- Four (4) Student-Athletes per Event, One (1) Relay Team per School
- Entry Fee: \$150 per Team per Gender OR \$20 per Student-Athlete

Substitutions

- Track substitutions must be made by 3pm at the finish line. Inform tent staff of scratches ASAP.
- Field event substitutions must be done at the site.

Meet Schedule

- Field Events – 3pm
- Track Events – 3pm (Rolling Schedule to Follow)

Finals

- We will seed all races as finals with the fastest selections going last.

Awards/Results

- Individual medals will be awarded to those who break the performance goals (see below).
- Medals will be awarded to the Top Three teams in the relays.
- A trophy will be awarded to the team with the highest total number of barriers broken.

Team Tents

- Please setup team tents in the Westside bleachers and/or surrounding grassy areas. The Eastside bleachers will be designated for spectators only.

COVID-19 Restrictions

- Please temp screen your student-athletes prior to them getting on the bus to travel to Free State.
- A student-athlete/coach with a temperature of 100.0* or higher, should not attend the meet.
- **Masks are required for all participants (student-athletes, coaches, and spectators), with the exception of when a student-athlete is participating in an event.**
- For field events, student-athletes will need to retrieve their own apparatus from the field.
- **Spectators are allowed to attend the meet; however, they must sit in the East-side bleachers, socially distanced and masked at all times.**

Spectator Information

- In addition to hosting Barrier Breakers on Thursday and Friday, we are also hosting the River City Baseball Festival on our campus. All spectators – regardless of sport – are required to pay admission into our athletic facility.
- In an effort to limit exposure of COVID-19 to our gate workers, please encourage your fans to purchase a digital ticket using HomeTown Ticketing. I have included a PDF in this email for you to share with your respective community (tickets go on sale at 12pm on April 13, 2021).
- Please make sure your fans are aware that dogs are not allowed on our campus.

Inclement Weather

- If weather is going to be an issue, we will notify schools by 12pm on Thursday/Friday.

Restrooms

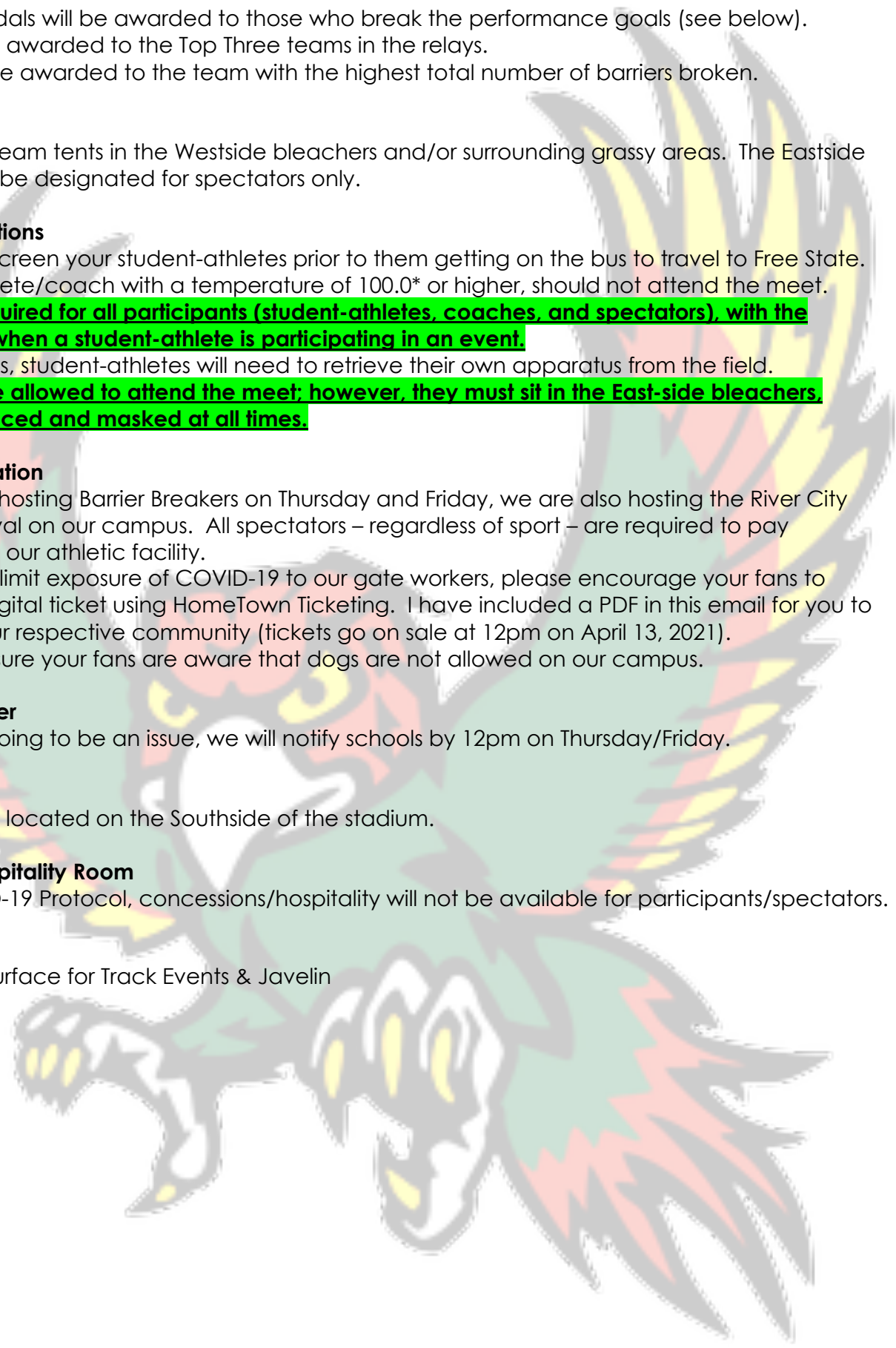
- Restrooms are located on the Southside of the stadium.

Concessions/Hospitality Room

- Due to COVID-19 Protocol, concessions/hospitality will not be available for participants/spectators.

Track Surface

- All-Weather Surface for Track Events & Javelin



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Medaling Performances

Field Events – 3pm

Opening Heights for Pole Vault | Girls – 7'0", Boys – 10'0"

Opening Heights for High Jump | Girls 4'6", Boys 5'6"

*All throws, long jump, and triple jump will have three (3) attempts.

Event	Medaling Performance	Order	Medaling Performance
Boys Shot Put	40'0"	Girls to Follow	31'0"
Girls Discus	83'0"	Boys to Follow	110'0"
Girls Javelin	85'0"	Boys to Follow	130'0"
Girls High Jump	4'10"	Boys to Follow	5'8"
Boys Long Jump	19'0"	Girls to Follow	15'0"
Girls Triple Jump	32'0"	Boys to Follow	38'0"
Boys Pole Vault	11'0"	Girls to Follow	8'0"

Track Finals – 3pm

Event	Medaling Performance
100m HH	Boys - 17.00 Girls - 18.10
100m	Boys - 11.80 Girls - 13.70
3200m	Boys - 10:40.00 Girls - 13:30.00
400m	Boys - 55.00 Girls - 65.00
400m Relay	Top Three Teams
800m	Boys - 2:10.00 Girls - 2:38.00
300m IH 300m LH	Boys - 46.00 Girls - 53.00
200m	Boys - 24.20 Girls - 28.80
1600m	Boys - 5:00.00 Girls - 6:00.00
4x400m Relay	Top Three Teams