

2018 KCCC TRACK MEET

SHAWNEE MISSION NORTH HIGH SCHOOL
7401 JOHNSON DRIVE
OVERLAND PARK, KS 66202

| Track Events | | |
|--------------------------|--|-------------------|
| Date | Event | Check-in Deadline |
| Monday, June 4 | 400 Meter Run - Women 65+, 60-64, 55-59, 50-54 | 5:20 p.m. |
| | 400 Meter Run - Women 45-49, 40-44 | 6:10 p.m. |
| | 400 Meter Run - Women 35-39, 30-34 | 6:45 p.m. |
| | 400 Meter Run - Women 25-29, 18-24 | 7:15 p.m. |
| | 400 Meter Run - Men 65+, 60-64, 55-59, 50-54 | 7:45 p.m. |
| | 400 Meter Run - Men 45-49, 40-44 | 8:25 p.m. |
| | 400 Meter Run - Men 35-39, 30-34 | 9:05 p.m. |
| | 400 Meter Run - Men 25-29, 18-24 | 9:40 p.m. |
| Tuesday, June 5 | Mile Run - Men 65+, 60-64, 55-59, 50-54 | 5:20 p.m. |
| | Mile Run - Men 45-49, 40-44 | 5:50 p.m. |
| | Mile Run - Men 35-39, 30-34 | 6:20 p.m. |
| | Mile Run - Men 25-29, 18-24 | 6:40 p.m. |
| | Mile Run - Women 65+, 60-64, 55-59, 50-54 | 7:10 p.m. |
| | Mile Run - Women 45-49, 40-44 | 7:40 p.m. |
| | Mile Run - Women 35-39, 30-34 | 8:00 p.m. |
| | Mile Run - Women 25-29, 18-24 | 8:20 p.m. |
| Wednesday, June 6 | 100 Meter Run - Women 65+, 60-64, 55-59, 50-54 | 5:20 p.m. |
| | 100 Meter Run - Women 45-49, 40-44 | 5:45 p.m. |
| | 100 Meter Run - Women 35-39, 30-34 | 6:10 p.m. |
| | 100 Meter Run - Women 25-29, 18-24 | 6:35 p.m. |
| | Sprint Medley Relay (Div A, B, C, D) | 7:00 p.m. |
| | Sprint Medley Relay (Div E, F, G, H, I) | 7:40 p.m. |
| | 100 Meter Run - Men 65+, 60-64, 55-59, 50-54 | 8:20 p.m. |
| | 100 Meter Run - Men 45-49, 40-44 | 8:45 p.m. |
| | 100 Meter Run - Men 35-39, 30-34 | 9:05 p.m. |
| | 100 Meter Run - Men 25-29, 18-24 | 9:30 p.m. |
| Thursday, June 7 | Distance Medley Relay (Div A, B, C, D) | 5:20 p.m. |
| | Distance Medley Relay (Div E, F, G, H, I) | 6:15 p.m. |
| | 4x400 Meter Relay (Div A, B, C, D) | 7:05 p.m. |
| | 4x400 Meter Relay (Div E, F, G, H, I) | 7:45 p.m. |

Entrants must check-in at the East Grand Stand and will be placed in heats on-site.

Anyone not checked-in by their designated check-in time will not be able to compete.

Participants may check-in other company competitors for events to ensure all check-in deadlines are met!!

KCCC RESERVES THE RIGHT TO BEGIN EVENTS ANYTIME AFTER CHECK-IN DEADLINE.

Start times vary and will be announced over the PA System after each check-in deadline occurs.

Each runner must report to the infield when his/her event is announced.

| Shot Put & Long Jump | | | |
|--------------------------|--------------------------------------|-----------------------|-------------------|
| Date | Event | Event Duration | Check-in Deadline |
| Monday, June 4 | Shot Put - Men Divisions F & G | 4:45 p.m. - 6:30 p.m. | 6:15 p.m. |
| | Shot Put - Men Divisions B, H, & I | 6:30 p.m. - 8:15 p.m. | 8:00 p.m. |
| | Long Jump - Women | 5:30 p.m. - 8:30 p.m. | 8:15 p.m. |
| Tuesday, June 5 | Shot Put - Men Divisions A & D | 4:45 p.m. - 6:30 p.m. | 6:15 p.m. |
| | Shot Put - Men Divisions C & E | 6:30 p.m. - 8:15 p.m. | 8:00 p.m. |
| | Long Jump - Women | 5:30 p.m. - 8:30 p.m. | 8:15 p.m. |
| Wednesday, June 6 | Shot Put - Women Divisions F & G | 4:45 p.m. - 6:30 p.m. | 6:15 p.m. |
| | Shot Put - Women Divisions B, H, & I | 6:30 p.m. - 8:15 p.m. | 8:00 p.m. |
| | Long Jump - Men | 5:30 p.m. - 8:30 p.m. | 8:15 p.m. |
| Thursday, June 7 | Shot Put - Women Divisions A & D | 4:45 p.m. - 6:30 p.m. | 6:15 p.m. |
| | Shot Put - Women Divisions C & E | 6:30 p.m. - 8:15 p.m. | 8:00 p.m. |
| | Long Jump - Men | 5:30 p.m. - 8:30 p.m. | 8:15 p.m. |

Shot Put & Long Jump Check-in will be at the Shot Put Area and Long Jump Pits.

Anyone not checked-in by their designated check-in time will not be able to compete.