

2023 KCCC TRACK MEET

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

| Track Events | | |
|------------------------------------|---|-------------------|
| Date | Event | Check-in Deadline |
| Monday, June 5 | Mile Run - Men 70+, 65-69, 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 | 6:10 p.m. |
| | Mile Run - Men 25-29, 18-24 | 6:30 p.m. |
| | Mile Run - Women 70+, 65-69, 60-64, 55-59, 50-54 | 6:50 p.m. |
| | Mile Run - Women 45-49, 40-44 | 7:10 p.m. |
| | Mile Run - Women 35-39, 30-34 | 7:30 p.m. |
| | Mile Run - Women 25-29, 18-24 | 7:50 p.m. |
| Tuesday, June 6 | 400 Meter Run - Women 70+, 65-69, 60-64, 55-59, 50-54 | 5:20 p.m. |
| | 400 Meter Run - Women 45-49, 40-44 | 5:40 p.m. |
| | 400 Meter Run - Women 35-39, 30-34 | 6:00 p.m. |
| | 400 Meter Run - Women 25-29, 18-24 | 6:20 p.m. |
| | 4x400 Meter Relay (Div I, H, G, F, E) | 6:30 p.m. |
| | 4x400 Meter Relay (Div D, C, B, A) | 7:00 p.m. |
| | 400 Meter Run - Men 70+, 65-69, 60-64, 55-59, 50-54 | 7:30 p.m. |
| | 400 Meter Run - Men 45-49, 40-44 | 7:50 p.m. |
| | 400 Meter Run - Men 35-39, 30-34 | 8:10 p.m. |
| 400 Meter Run - Men 25-29, 18-24 | 8:30 p.m. | |
| Wednesday, June 7 | 100 Meter Run - Men 70+, 65-69, 60-64, 55-59, 50-54 | 5:40 p.m. |
| | 100 Meter Run - Men 45-49, 40-44 | |
| | 100 Meter Run - Men 35-39, 30-34 | |
| | 100 Meter Run - Men 25-29, 18-24 | 5:55p.m. |
| | Sprint Medley Relay (Div I, H, G, F, E) | 6:05 p.m. |
| | Sprint Medley Relay (Div D, C, B, A) | |
| | Distance Medley Relay (Div I, H, G, F, E) | 6:30 p.m. |
| | Distance Medley Relay (Div D, C, B, A) | |
| | 100 Meter Run - Women 70+, 65-69, 60-64, 55-59, 50-54 | 8:00 p.m. |
| | 100 Meter Run - Women 45-49, 40-44 | |
| | 100 Meter Run - Women 35-39, 30-34 | |
| 100 Meter Run - Women 25-29, 18-24 | | |

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 5 | Shot Put - Women Divisions A & E | 4:45 p.m. - 6:30 p.m. | 6:15 p.m. |
| | Shot Put - Men Divisions A & E | 6:30 p.m. - 8:15 p.m. | 8:00 p.m. |
| | Long Jump - Divisions C, D, & H (Men & Women) | 5:30 p.m. - 8:30 p.m. | 8:15 p.m. |
| Tuesday, June 6 | Shot Put - Men Divisions B, F, & G | 4:45 p.m. - 6:30 p.m. | 6:15 p.m. |
| | Shot Put - Women Divisions B, F, & G | 6:30 p.m. - 8:15 p.m. | 8:00 p.m. |
| | Long Jump - Division A & E (Men & Women) | 5: 30 p.m. - 8:30 p.m. | 8:15 p.m. |
| Wednesday, June 7 | Shot Put - Women Divisions C, D, & H | 4:45 p.m. - 6:30 p.m. | 6:15 p.m. |
| | Shot Put - Men Divisions C, D, & H | 6:30 p.m. - 8:15 p.m. | 8:00 p.m. |
| | Long Jump - Division B, F, & G (Men & Women) | 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.