

2024 KCCC TRACK MEET

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

Track Events		
Date	Event	Check-in Deadline
Mon., June 3rd	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	7:20 p.m.
	Mile Run - Women 35-39, 30-34	7:40 p.m.
	Mile Run - Women 25-29, 18-24	8:00 p.m.
Tues., June 4th	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	5:55 p.m.
	400 Meter Run - Women 25-29, 18-24	6:10 p.m.
	4x400 Meter Relay (Div H, G, F, E)	6:30 p.m.
	4x400 Meter Relay (Div D, C, B, A)	6:50 p.m.
	400 Meter Run - Men 70+, 65-69, 60-64, 55-59, 50-54	7:15 p.m.
	400 Meter Run - Men 45-49, 40-44	7:45 p.m.
	400 Meter Run - Men 35-39, 30-34	8:00 p.m.
	400 Meter Run - Men 25-29, 18-24	8:15 p.m.
Wed., June 5th	100 Meter Run - Men 70+, 65-69, 60-64, 55-59, 50-54	5:20 p.m.
	100 Meter Run - Men 45-49, 40-44	5:40 p.m.
	100 Meter Run - Men 35-39, 30-34	6:00 p.m.
	100 Meter Run - Men 25-29, 18-24	6:20 p.m.
	Sprint Medley Relay (Div H, G, F, E)	6:20 p.m.
	Sprint Medley Relay (Div D, C, B, A)	6:20 p.m.
	Distance Medley Relay (Div H, G, F, E)	6:50 p.m.
	Distance Medley Relay (Div D, C, B, A)	7:30 p.m.
	100 Meter Run - Women 70+, 65-69, 60-64, 55-59, 50-54	8:15 p.m.
	100 Meter Run - Women 45-49, 40-44	8:20 p.m.
	100 Meter Run - Women 35-39, 30-34	8:25 p.m.
	100 Meter Run - Women 25-29, 18-24	8:30 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
Mon., June 3rd	Shot Put - Men Divisions A & E	4:45 p.m. - 6:30 p.m.	6:15 p.m.
	Shot Put - Women 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.
Tues., June 4th	Shot Put - Women Divisions B, F, & G	4:45 p.m. - 6:30 p.m.	6:15 p.m.
	Shot Put - Men 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.
Wed., June 5th	Shot Put - Men Divisions C, D, & H	4:45 p.m. - 6:30 p.m.	6:15 p.m.
	Shot Put - Women 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.