

# 2025 KCCC TRACK MEET

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

Track Events		
Date	Event	Check-in Deadline
<b>Mon., June 2nd</b>	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.
<b>Tues., June 3rd</b>	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 A, B, C, D)	6:30 p.m.
	4x400 Meter Relay (Div E, F, G, H)	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.	
<b>Wed., June 4th</b>	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 A, B, C, D)	6:20 p.m.
	Sprint Medley Relay (Div E, F, G, H)	6:20 p.m.
	Distance Medley Relay (Div A, B, C, D)	6:50 p.m.
	Distance Medley Relay (Div E, F, G, H)	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
<b>Mon., June 2nd</b>	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.
<b>Tues., June 3rd</b>	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.
<b>Wed., June 4th</b>	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.**