



SHOCKER TRACK CLUB

2020 Larry Staton *Virtual* Masters Track Meet



The Meet

The 2020 Inaugural **Shocker Track Club** Larry Staton *Virtual* Masters Track Meet will be held beginning October 29, 2020 through November 30, 2020! This meet is for Masters athletes ages 30 and up and is being held to encourage athlete participation! This meet cannot be sanctioned through USATF, and as such, submitted results from participation cannot be considered as official marks or for records purposes.

About Larry Staton

“Amazing” Larry Staton is one of the Founding Board Members of the **Shocker Track Club**, Inc. He served as the Secretary, Director of the Masters Team, and the Meet Director for the **Shocker Track Club** Wichita Outdoor Masters meets, and Bill Butterworth Indoor Masters meets during his tenure. Additionally, Larry served as the Masters Chair for the USATF Missouri Valley Association. Larry worked tirelessly to connect with Masters athletes, and, promote Masters Track and Field activities in Wichita and throughout the United States. And when he had a spare moment he also competed and competed well at many meets! Without Larry’s work in the past several years there would not have been Masters Track and Field in Wichita, Kansas. Larry recently retired from the **Shocker Track Club** Board of Directors, thus naming this inaugural meet in his honor is fitting and appropriate in recognition of his outstanding, tireless, and amazing work!

General Information

Participants can participate in any of the events listed below at the venue of their choice. Competing on actual tracks and throwing areas is preferred, but not necessary to participate in this fun event! Running events can be timed manually or digitally. Jumping and Throwing events must be measured and submitted metrically. The current USATF Rule Book can be researched for general rules including hurdle heights and distances and implement weights.

The entry deadline is 11:59 p.m., CDT on Thursday, October 29, 2020. All entries must be received online by **Shocker Track Club**, or postmarked if snail-mailed, by this date and time. Participation in events must be completed, and results submitted and received, by 11:59 p.m., CST on Monday, November 30, 2020.

Events

Participants may submit times/marks in the following events –

Sprints	50m, 100m, 200m, 300m, 400m
Hurdles	55mH, 80mH, 100mH, 110mH, 300mH
Distance	800m, 1600m
Walks	1500mRW and 1500mPW
Jumps	Standing Long Jump, Long Jump, Triple Jump, High Jump, Pole vault
Throws	Shot Put, Discus, Javelin, Hammer, Weight Throw, Super Weight Throw

Costs

Competition fees are as follows - \$10 for the 1st event and \$6 for each additional event. There is no limit on events.

Meet T-Shirts

Really cool event T-Shirts may be purchased for \$22 and are available in sizes XS, S, M, L, XL and XXL.

Awards

Medals will be awarded for by Gender for 1st, 2nd and 3rd Places in Age groups 30-34, 35-39, 40-44, etc. All medals will be mailed to recipients by December 31, 2020. A complete list of results will be emailed to participants and posted on the **Shocker Track Club** website.

Competition Rules

- First Have fun! 😊
- Second Challenge your friends to participate!
- Third Be honest with your results submittals.
- Fourth Have a friend, a training partner, a fellow participant, or an Official, time and/or measure your events. Track events may be run on any marked track at any school or even in a park. Field events may be contested at any safe location. Not all events have to be completed in one day. Four (4) jumps, or throws, are allowed for field events except for the High Jump and Pole Vault where you are allowed three (3) attempts at each height.
- Fifth We do have one special rule: If you are having a bad day in any event you are allowed one make-up day for each event!

To Register

Complete the Meet Registration Form (it is a fillable .pdf document) and submit via email to Shocker Track Club, or print the Form and snail-mail it with payment (Checks must be made payable to Shocker Track Club) to:

Shocker Track Club, Inc.
c/o Wichita State University Track and Field
1845 Fairmount, Campus Box 18
Wichita, KS 67260

A list of all registered participants will be emailed to you.

Questions

Contact Joe Hoover, Director, Masters Team, at masters@shockertrackclub.com or (316) 708-3221.