



SHOCKER TRACK CLUB
2024 STC Youth Indoor Open Classic Meets
January and February

< Meet Dates >

January *Chiller* 19-20, 2024

February *Freeze* 9-10, 2024

Friday Night (700p to 1100p) for Pole Vault and High School Shot Put

– Heskett Center –

Wichita State University – Wichita, Kansas

COMPETITION INFORMATION

DOCUMENT DATE – October 14, 2023

Coach/Team Packet Pick-up on Friday evening or Saturday morning

Send us a list of your six (6) Coaches.

Club Coaches' Breakfast on Saturday morning 700a to 1000a – must wear wristband.

**** IMPORTANT ****

1. This meet – or any evens or portion thereof - MAY be adjusted or cancelled at any time by Meet Management if it is deemed unsafe or unreasonable to do or to host.
2. The information contained herein may be amended as necessary up to the day/time of the Meet at the sole control and decision of Meet Management.
3. The online entry and payment deadline in Direct Athletics is **Tuesday, January 16, 2024, and February 6, 2024, at 9:00 p.m. CST.**
4. The Competition Age of the Athlete is their age on the date of the meet.
5. There are no late entries, no walk-up entries, nor event additions or changes (except scratches on the day of the meet).
6. Covid-19 Guidelines can be found on Page 3.
7. Event Eligibility Information and Chart is on Page 6.
8. Meet Schedule is on Page 6.
9. Pole Vault and High School Shot Put will be contest on Friday evening.

USATF and USOC Safe Sport Information

USATF Sanctioned Event Organizers are required to be in compliance with USATF's Safe Sport Program. Organizers shall be subject to the jurisdiction of USATF and/or the U.S. Center for SafeSport ("USCSS"), including with regard to the investigation and resolution of any allegations that such Organizer may have violated any USATF Safe Sport policies, Minor Athlete Abuse Protection Policies ("MAAPP"), or the SafeSport Code. Further, Organizer shall be subject to any action taken by the USCSS or USATF as a result of such allegations, including without limitation, suspension, permanent suspension, and/or referral to law enforcement authorities, all as set forth in the USCSS Policies and Procedures. As mentioned in the USATF Sanction Application Terms and Conditions, for each USATF Sanctioned Event, Event Organizers are required to: ENSURE NO PERSONS INVOLVED IN A USATF SANCTIONED EVENT, INCLUDING BUT NOT LIMITED TO EVENT ADMINISTRATORS, PARTICIPANTS, OFFICIALS, AND VOLUNTEERS, WHO ARE LISTED ON EITHER THE USATF [DISCIPLINARY LIST](#) OR THE [USCSS DISCIPLINARY LIST](#); AND ENSURE USATF'S [MAAPP DOCUMENT](#) IS DISTRIBUTED TO ALL EVENT ADMINISTRATORS, PARTICIPANTS, OFFICIALS, AND VOLUNTEERS ASSOCIATED WITH THE RESPECTIVE USATF SANCTIONED EVENT.

Meet Director –

Questions must be directed to Darren Muci (Shocker Track Club, Inc.) (youth@shockertrackclub.com)

Meet Registration Links -

Please read the following pages and then access Direct Athletics

- To register click here >>

The Heskett Center Facility -

1. The Heskett Center is a Mondo surface, 6-lane, 200-meter flat track with 7 lanes on the home straight.
2. There is one competition area/runway/pit for the following field events: Shot Put, Long Jump/Triple Jump, High Jump and Pole Vault.
3. Shower Facilities are available on the first floor of the Heskett Center in the locker rooms, please bring your own soap, towels, and shower shoes.

Parking and Directions -

1. The Heskett Center is located to the West of the Wichita State University Wilkins Softball Stadium.
2. Parking is available in the large lots east and west of Eck Baseball Stadium.

Athlete Registration Governance –

Youth (Ages 5 through 18 including current high school seniors that are 19) -

Note 1 – USATF Rules and Guidelines will govern all events and activities with adjustments as deemed necessary and appropriate. Youth/Adult athletes DO NOT need to have a current USATF membership to compete.

Note 2 - Club Team, eligible school registrations, and Unattached Youth athletes may compete in the meet.

Note 3 – The age of the athlete is governed by the age of the athlete on the day of the meet. Please register children accordingly.

Note 4 - A Club Team or representative must pick up the Club Team or School packet upon check-in at the meet.

Coaches -

Clubs are allowed up to six (6) Coaches. Please submit your list of Coaches in advance of the meet. Please consider allowing up to two (2) of them to volunteer in facilitating various functions of the meet (e.g., pit raking, bar setting, hurdle setting, block placement, etc.)

Competition Divisions -

Competition will be conducted in the following categories –

- The Competition Age of the Athlete is their age on the date of the meet.
- Competition Groups - Ages 8 and under, 9-10, 11-12, 13-14, 15 and up (High School)
- Competition Groups for the 60m and 60mH are Ages 8 and under, 9-10, 11-12, 13-14, 15-16 and 17-18.
- Athletes in High School that are 14 are eligible for the 4x400 and 4x800 Relay Events.
- Athletes that are 19 and still enrolled in a high school are eligible to compete in the 17-18 Group.

Officials –

Finding Officials is always a challenge. If you are an Official, please contact us at youth@shockertrackclub.com for details. If you are a Coach, please consider volunteering to help facilitate Field events, move hurdles, etc. Your time and commitment will be greatly appreciated.

Meet Registration Payment Process –

The deadline for online registration AND payment in Direct Athletics is **9:00 p.m. CST on Tuesday, January 16, 2024, and Tuesday, February 6, 2024.** After completing the online meet registration process through Direct Athletics refunds may be requested up through 11:59 p.m. CDT on **Monday, January 16, 2024, or Monday, February 5, 2024.** Any refunds approved by Direct Athletics will be less any administrative costs.

Entry Procedures -

1. All entries must be completed and paid online via Direct Athletics. There are no exceptions. For instructions on how to use Direct Athletics please see the information on Page 6.
2. Please be as accurate as possible when projecting current running event entry times and field events marks so that athletes can be seeded appropriately.
3. After the entry deadline no changes to event registration will be allowed. No late registration will be allowed. No event changes – except for scratches - will be allowed the day of the meet.

Online Meet Registration and Payment –

The Registration Fees are –

- \$35 for Youth for up to four (4) events
- \$20 per team for 4x400 Relay and/or 4x800 Relay teams for High School athletes ONLY! Pay AT THE MEET! See Page 4 for complete details.

Online Registration Process -

Registration Online at www.directathletics.com

How to enter/sign-up for Direct Athletics as an individual

If you don't already have an individual account start here, if you have an account skip to step 4.

- 1) Select Sign Up from the top of Directathletics.com.
- 2) Click Athlete Account for individual athletes.
- 3) Fill out the Athlete Information form and click submit at the bottom.
- 4) From the next page you'll want to click on the Enter Now button and confirm your information.
- 5) Select your events and enter an accurate projected entry mark.
- 6) After hitting submit you'll need to use a credit card to pay online.

Covid-19 and PPE Guidelines –

We will abide by the Wichita State University policy at the time of the competition for Athletes, Coaches, Officials, Support Staff, and Fans/Patrons. Registered athletes and coaches will either be notified prior to the event, or onsite as to what the current policy is at the time of the competition.

Facility Availability -

Locker Rooms and team camps areas may be available. The rest of the building will be closed to teams (including staff/coaches). There should be no loitering in hallways or using parts of the building not deemed necessary.

Meet Day Check-in and Registration -

Meet day check in will take place in the lobby of the Heskett Center beyond (north of) the entry area staircase. Different colored wristbands will be used in the following categories -

- Meet Directors/Management and Officials
- Team Coaches and Team/Youth Athletes
- Spectators/Fans

Coach Access -

Teams may have six (6) Coaches that will be allowed in at no cost. Please provide a list of Coaches in advance to youth@shockertrackclub.com or when you arrive.

Fans/Parents –

Passes are \$5 per person; cash only. Infants/Toddlers (up to age 2) will be allowed in free and must sit on the lap of an adult or guardian. Individuals paying \$5 for the Friday evening Pole Vault and Shot-Put competitions should save their wristband for free entrance on Saturday.

Team Camps –

Classrooms and Studios will be identified and assigned if requested AND AVAILABLE. Contact Meet Management to submit a request.

Restroom and Shower Access -

Restrooms are available upstairs near the main entrance to the track, downstairs in the Commons Lobby, and downstairs in the locker rooms. Showers are available in the lockers – bring your own towels and soap.

General Waiver -

All participants, athletes, parents/guardians/siblings must agree to the following general liability language upon entry to the meet, as well as a [separate waiver required by USA Track & Field](#). This language is included in the athlete meet registration on Direct Athletics.

1. The risk of injury involved in this program is significant, including the potential for COVID-19, illnesses of all types, paralysis, and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious illness and/or injury does exist; and,
2. I and/or my child/children knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation; and
3. I and/or my child/children willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I and/or my child/children observe any unusual significant hazard during my presence or participation, I and/or my child/children will remove me from participation and bring such to the attention of the nearest STC representative immediately; and,
4. I and/or my child/children, for myself, and on behalf of my heirs, assign personal representatives and next of kin, hereby release and hold harmless **The Shocker Track Club, Inc., Wichita State University, and USA Track & Field (USATF)** their officers, officials, agents and/or employees, other participants, sponsoring agencies, advertisers, sponsors, and, if applicable, owners and lessors of premises used to conduct the practice or event (“releasees”), and in particular, **Shocker Track Club, Inc., Wichita State University, and USA Track and Field**, with respect to any and all injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.
5. By affixing my signature hereto, I and/or my child/children attest that I am physically fit and have trained sufficiently for the activities in which I and/or my child/children intend to participate and the events I and/or my child/children have chosen to enter. **The Shocker Track Club, Inc., Wichita State University, and** its representatives, employees, and volunteers have permission to obtain immediate medical care and I consent to hospitalization, the performance of necessary diagnostic tests, the use of surgery, and/or the administration of drugs in an emergency. I understand that I am responsible for payment of medical expenses.

Field Events Guidelines -

1. Competitors must provide own implements and use only their implements unless a fellow competitor allows use of theirs.
2. During warm-up and competition Implements must be retrieved by the Athlete that threw it.
3. The SP, LJ and TJ will be conducted cafeteria-style.
 - a. Cafeteria style denotes that you have an opportunity to complete all trials in your registered field events within the allotted time. Athletes can pick-and-choose when they arrive at their event. A maximum of four (4) attempts will be allowed for each registered athlete. An athlete may take one or four attempts within the allotted time for the event. IT IS THE ATHLETE'S RESPONSIBILITY TO HAVE COMPLETED ALL TRIALS IN THEIR FIELD EVENTS PRIOR TO THE CLOSING OF THE EVENT! Once an Athlete completes their attempts they are free to leave OR go to another event that they have selected.
4. All measurements will be made Metrically.
5. Youth Athletes will receive four (4) attempts in the LJ, TJ, and SP.
6. The High Jump and Pole Vault will be conducted per applicable USATF Rules with progressive heights. Competitions will begin at the height determined by Meet Management. Once the bar heights begin progressions it will not be lowered for any reason except to break a tie for 1st place.

Running Events Guidelines -

1. All running events will be competed as follows – Youngest to Oldest – Girls then Boys.
2. Preliminary Races will be held in the 60m Dash with the top 7 in the following categories qualifying for Finals – Ages 13-14, 15-16, and 17-18.
3. Preliminary Races will be held in the 60m Hurdles with the top 7 in the following categories qualifying for Finals – Ages 13-14, 15-16, and 17-18.
4. If fewer than 7 athletes in a category participate in 60m or 60mH Preliminary Races no Final will be conducted.
5. Timed Finals will be held in 60m (ages 8U, 9-10, and 11-12), 60mH (ages 11-12), 200m, 400m, 800m, 1600m, and 3200m.

6. Starting Blocks Usage – Space and time will not allow us to have multiple Coaches assisting Youth athletes at the starting line. Therefore, ages 8 and Under WILL NOT use starting blocks. Ages 9-10 may use starting blocks if they desire but must be able to set them without assistance. One run-out will be allowed.

High Jump and Pole Vault -

1. The High Jump and Pole Vault competitions will be competed with genders combined using a progressive height increase format.
2. Measurements will be made Metrically.
3. The starting bar height will begin as noted at the meet. Once the bar begins its progression, it will not be lowered for any reason, except to break ties. Otherwise, there are NO EXCEPTIONS.

Youth High School 4 x 400m and 4 x 800m Relay Guidelines –

The 4x400m and 4x800m Relays will be additional events for Boys and Girls Youth athletes in High School (typically Ages 14 through 18) at an additional cost of \$20 (cash payments only) per team. Two 8th graders may be allowed to complete on a team.

1. All Relays must be contested by athletes Registered/Paid to compete in at least one (1) event in the meet.
2. Relay cards will be completed by Team Coach or Leader and submitted with a \$20 cash payment at least thirty (30) minutes to the start of the Relay and verified for completion and compliance by Meet Management at the Center Tent prior to start of the race.
3. Relay teams can be created at the meet and comprised as follows:
 - (a) The age of the oldest athlete governs the age category
 - (b) Teams can register as clubs, with a name, or UNAttached.
4. Batons will be provided by Meet Management and must be returned at the completion of the Relay.

Track Restrictions -

1. The use of ¼” pyramid spikes only will be enforced.
2. Warm-up activities must be completed on the track area or in the designated area inside the track.
3. No spikes can be worn on the wooden basketball courts!
4. No marking chalk, cones, or duct tape will be allowed on the track or runways. Only athletic tape may be used on the track or runways. Athletes may write their names on their tape marks.
5. No electronic devices are allowed inside the competition area (track and infield) at any time.

Age Groups and Awards -

1. Athletes will compete together in field events and results will be sorted after completion of the event. Running events will be set up by age group in most cases. Meet Management will determine the feasibility of grouping age groups and genders when necessary and prudent.
2. Medals will be awarded at this meet to the Top 3 placing Youth athletes, per Gender, per event, as follows – 8 and Under, 9-10, 11-12, 13-14, 15-18. Exceptions are for the 60m and 60mH events with medals for 15-16 and 17-18.

Check-in and Day of The Meet Entry Information -

There will be a check in table located upstairs near the entrance (Commons Lobby) to the Heskett Center Track.

Event Check-in Procedures -

1. Field event athletes must check in 45 minutes prior to the scheduled start time of their event, at their respective event area.
2. Running event athletes must check in 30 minutes prior to the schedule start time of their event.
3. All running event athletes will check in and receive hip numbers at the designated location on the inside of the track.

Implement Inspection -

1. Athletes **MUST** provide their own implements and use their own implements.
2. All implements for the Shot Put will be checked in near the throwing circle. Please find the Head Official one hour prior to the start of the first throwing event of the day.

Protests -

All result protests must be made no later than 30 minutes after the results have been posted on site. A protest fee of \$75 cash will apply and must be paid on site. If the protest is ruled to be in favor of the protesting party, the \$75 protest fee will be returned.

Concessions –

Concessions will be available with beverages, snacks, and limited tasty food offerings. Vending machines are available on the main floor in the swimming pool overlook area. Additionally, some snack offerings are available at the Heskett Center Check-in Counter.

Emergency Situations –

Shocker Track Club rents access to the Wichita State University Heskett Center for this event, and we will follow their procedures. Ice is generally available at the Heskett Center Front Desk. In the event of any emergency – including injuries - we will contact designated Heskett Center management and 9-1-1 as deemed appropriate for any emergency situation. One, or all of, the following organizations may dispatch personnel as deemed appropriate - Sedgwick County EMS, City of Wichita/Sedgwick County Fire, and Wichita State University Police.

Event Eligibility Chart -

Please review the charts to determine eligibility of events within the identified categories. Special requests to register for events not listed for your category will be considered by contacting Meet Management (Darren Muci at youth@shockertrackclub.com). You will be notified of the decision. The decision of Meet Management to either approve or deny such requests is final.

FIELD EVENTS	YOUTH 8-Under	YOUTH 9-10	YOUTH 11-12	YOUTH 13-14	YOUTH 15-16, 17-18
Shot Put	x	x (6lb)	x (6lb)	X (B=4k/G=6lb)	x (B=12lb/G=4k)
Long Jump	x	x	x	x	x
Triple Jump				x	x
Pole Vault				x	x
High Jump		x	x	x	x

RUNNING EVENTS	YOUTH 8-Under	YOUTH 9-10	YOUTH 11-12	YOUTH 13-14	YOUTH 15-16, 17-18
60m	x	x	x	x	x
60m Hurdles Boys			X (30")	X (33")	X (39")
60m Hurdles Girls			X (30")	X (30")	X (33")
200m	x	x	x	x	x
400m	x	x	x	x	x
800m	x	x	x	x	x
1600m	x	x	x	x	x
3200m	x	x	x	x	x
4 x 400m Relay					x
4 x 800m Relay					x

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Friday Night (700p to 1100p) for Pole Vault and High School Shot Put)

FIELD EVENTS - Schedule of Events - & = Cafeteria Style Competition (see page 4 for details)

700p FRIDAY evening Pole Vault (All Ages and Both Genders) **MEDALS WILL BE AWARDED!**
700p FRIDAY evening Shot Put (Ages 15-16 and 17-18 Both Genders) **MEDALS WILL BE AWARDED!**

800a SATURDAY Shot Put (Ages 8U-10) / 1000a (Ages 11-14)
900a SATURDAY High Jump (Ages 9-14) / 1100a (Ages 15-18)
900a SATURDAY Long Jump (Ages 15-18) / 1100a (Ages 8U-14)
1100a SATURDAY Triple Jump (Ages 13-18)

RUNNING EVENTS -Schedule of Events –

Youngest to Oldest – Girls then Boys through all age groups

Rolling Schedule – Listen for announcements

- **1100a – (Turn in 4x800m Relay Cards!)**
 - o 60m Hurdles Prelims
 - o 60m Dash Prelims
 - o 4x800m Relay – High School (Ages 15-18)
 - o *BREAK*
- **130p (Approximate Start Time) – Rolling schedule as follows -**
 - o 1600m
 - o 60m Hurdles FINALS
 - o 60m Dash FINALS
 - o 400m
 - o *BREAK – Turn in 4x400 Relay Cards!*
 - o 800m
 - o 200m
 - o 3200m
 - o *BREAK – Relay Check-in and Organization*
 - o 4x400m Relay – High School (Ages 15-18)

END OF DOCUMENT