



# District III 5A Track & Field Meet

## Kuna High School



May 11<sup>th</sup> - 12<sup>th</sup> 2023

Kuna High School is proud to host and welcome your team to the 2023 District III 5A Track & Field Championships. Please read the information included in this document and the accompanying attachments for instructions regarding the meet.

Host: Kuna High School - 637 E Deer Flat Rd, Kuna, ID 83634

Meet Directors: Luke Wolf / Kristen Pavelka

Starters: Jeff Farley, Nick Ciaccio, Tim Ellinghouse

Timer/Scorer: Tyler Waggoner

Clerk: JD Collins & Terry Beck

Announcer: Alan Melby

Schools: Boise, Borah, Capital, Centennial, Eagle, Kuna, Meridian, Middleton, Mountain View, Nampa, Owyhee, Rocky Mountain, Timberline

Admission: Adults: \$6, Students: \$4, Seniors: \$3

Entries: **Due on Athletic.net by Sunday, May 7<sup>th</sup> by 6:00PM.** All events must be timed with FAT to be accepted for entry into the district meet. No hand times or converted hand times will be accepted.

Districts Seeding/Scratch Meeting: **Monday May 8<sup>th</sup> at 5:00PM** at Kuna High School room 118.

Make sure to enter athletes who have met the qualifying standard or who may make the 24 entries. Remember athletes are only able to compete in either the Varsity District Meet OR the JV District Meet. No athlete can compete in both. NO ADDS AT THE MEETING. Head Coaches only.

Parking: Schools can park their buses along the north side of Porter St.

Hospitality for coaches and workers will be provided by Snap Raise - Kellen Willis

Athletic Trainer: There will be a certified trainer on duty during the meet. Remember to bring your medical kit. Also, athletes should bring water bottles. Water stations will be available.

Awards: Individual medals for top 3 finishers, team trophy for District Champion.

Representation: 5A

District	Individual	Relays
I-II	3	1*
III	10	5*
IV-V	4	2*

\*next best mark statewide will qualify for state

### Exchange Zones:

4x100: **Gold**

4x200: **Red, Red, Gold**

4x400: **Blue**

## 5A District III Track & Field Meet Schedule

### 4:00 PM - FIELD EVENTS

Thursday, May 11th		Friday, May 12th	
Boys	Girls	Boys	Girls
Shot Put	Discus	Discus	Shot Put
Pole Vault	High Jump	High Jump	Pole Vault
Long Jump	Triple Jump	Triple Jump	Long Jump

### 4:30 PM - RUNNING EVENTS

Thursday, May 12th	Friday, May 13th
<b>4:30PM</b> - 4X800 Relay (FINAL)	<b>4:30PM</b> - Running Finals (Time Schedule)
<b>4:45PM</b> - Running Prelims ( <b>Rolling Schedule</b> )	4x200 Relay
100/110H	1600M
400M	100/110H
<b><i>**10 min break**</i></b>	400M
100M	<b><i>**10 min break**</i></b>
300H	100M
200M	800M
3200M (FINAL)	4X100 Relay
	300H
	200M
	<b><i>**10 min break**</i></b>
	4x400 Relay



## FRIDAY TIME SCHEDULE

<u>Event:</u>	<u>Time:</u>
G 4x200 H1	4:30
G 4x200 H2	4:35
B 4x200 H1	4:40
B 4x200 H2	4:45
G 1600	4:50
B 1600	4:59
G 100H	5:15
B 110H	5:30
G 400	5:45
B 400	6:00

10 min break.....

G 100	6:15
B 100	6:25
G 800	6:35
B 800	6:45
G 4x100 H1	6:55
G 4x100 H2	6:58
B 4x100 H1	7:01
B 4x100 H2	7:03
G 300H	7:08
B 300H	7:15
G 200	7:20
B 200	7:25

10 min break.....

G 4x400 H1	7:40
B 4x400 H2	7:45
B 4x400 H1	7:50
B 4x400 H2	7:55

*\*Slower heats of relays will run first\**

### Meet Jobs/Responsibilities:

Hurdle Crew- \*\*all hands on deck\*\* JV Helpers

Block Crew- JV Helpers

Shot Put- Kuna

Discus-

Long Jump-

Triple Jump-

High Jump- Greg Gardner

Pole Vault- JD Grant, Waybrights

4x1 Exchange Judges- Officials

4x2 Exchange Judges- Officials

District 3 5A Track and Field  
Performance Standards for entry into the  
5A District 3 Track and Field Meet 2023

Girls	Event	Boys
13.25	100	11.50
27.40	200	23.50
63.50	400	53.30
2:27.00	800	2:04.00
5:30.00	1600	4:38.00
12:20.00	3200	10:20.00
17.60	100/110 Hurdles	17.25
51.50	300 Hurdles	43.80
4'8"	High Jump	5' 8"
8'0"	Pole Vault	11'0"

15'3"	Long Jump	19'6"
31'6"	Triple Jump	39'0"
30' 0"	Shot Put	42'6"
92'0"	Discus	120' 0"

### State Qualifying Times

All running events must be timed with **FAT** (fully automatic timing) (Finish Lynx or similar) to have the mark accepted for entry into the district meet. No hand timed marks will be accepted.