

# LIBERTY NORTH INVITATIONAL TRACK MEET



## APRIL 19, 2019 MEET INFORMATION

**LOCATION:** Liberty North High School  
1000 NE 104<sup>th</sup> St. Liberty, MO 64068

**MEET DIRECTOR:** Ken Peek PH: 816-522-9910 Email: Kenneth.peek@lps53.org

**STARTERS:** Bob Lade, Roger Giger

**GAMES COMMITTEE:** Scott Crall (Kearney), Brian Hancock (Battle), Todd Warner (Staley)

**PARTICIPATING TEAMS:** Liberty North Battle-Columbia Belton Blue Springs  
Kearney LS North Kirksville NKC  
Oak Park Platte Co. Ray-Pec Ruskin  
Staley Truman

**START TIME:** Coach's meeting 2:30 pm in track shed. NE corner of track near throwing sectors. Field events begin at 3:15. Running events will begin at 3:45.

**ENTRY INFORMATION:** All entries will be completed through athletic.net. Please see instructions.

**ENTRY LIMITS:** Each school will be allowed 3 entries per individual event and 1 per relay.

**ENTRY DEADLINE:** ENTRIES MUST BE RECEIVED BY 6 P.M. APRIL 17<sup>TH</sup>.

**SCRATCHES/SUBS:** ALL CHANGES MUST BE MADE BY 6 P.M. APRIL 18<sup>TH</sup>. SCRATCHES/ SUBS may be made on meet day at Coach's meeting.

**ENTRY FEE:** \$140/ team. \$280 for both boys and girls teams.

**REMIT PAYMENT TO:** Liberty North High School  
Attn: Heather Callura/Athletics Office  
1000 NE 104<sup>th</sup> St.; Liberty, MO 64068

**AWARDS:** Medals to top 3 Individual and Top 3 Relay Teams. Team Plaques for 1<sup>st</sup> and 2<sup>nd</sup> Place. T-Shirts to event winners for both individual and relays.  
**NOTE: WE WILL HAND OUT MEDALS USING AN AWARDS STAND..**

**SCORING:** 10-8-6-5-4-3-2-1 for all events.

**TIMING:** FAT timing will be used. Sprint Timer APP will be used as backup.

**SPIKES:** Spikes must be 1/4" pyramid or less. Longer spikes will result in DQ.

**FIELD EVENTS:** Long Jump, Triple Jump, Shot Put, Discus, and Javelin will each receive 4 final attempts. HJ and PV will be "5 Alive" format.

**CONCESSION:** Will be available operated by the LN Eagle Club.

**LOCKER ROOMS:** Not available.

**TEAM CAMPS:** Teams may use east or west bleachers for team camps. DO NOT USE TURF FOR TEAM CAMPS. Tents should be set up outside of the fenced area and not in HOME bleachers.

**TURF RESTRICTIONS:** No food, gum, colored drinks, or sunflower seeds are allowed on turf.

**HOSPITALITY:** Will be provided for coaches, meet workers, and starters. Hospitality will be served in the tents adjacent to the concession/restroom building.

**TRAINER:** Our athletic trainer will be on site and located close to finish line.

**T-SHIRTS:** Available to purchase. \$13. \$15 for XXL.

**ADMISSION:** \$5.00 for adults. \$3.00 students. Seniors: FREE



## LIBERTY NORTH INVITATIONAL -- TIME SCHEDULE

**2:30 P.M. COACH'S MEETING – TRACK SHED NE CORNER OF TRACK**

**3:00 P.M. FIELD EVENTS:**

<b>SHOT PUT:</b>	Girls, followed by boys
<b>JAVELIN:</b>	Girls, followed by boys
<b>DISCUS:</b>	Boys, followed by girls
<b>POLE VAULT:</b>	Boys, followed by girls
<b>HIGH JUMP:</b>	Girls, followed by boys
<b>TRIPLE JUMP:</b>	Girls, followed by boys
<b>LONG JUMP:</b>	Boys, followed by girls

**3:40 P.M. NATIONAL ANTHEM**

<b><u>3:45 P.M.</u></b>	<b><u>RUNNING EVENT FINALS</u></b>		
3:45	3200M RELAY	FINAL	GIRLS
4:00	3200M RELAY	FINAL	BOYS
4:15	100 HURDLES	FINAL	GIRLS
4:25	110M HURDLES	FINAL	BOYS
4:35	100M DASH	FINAL	GIRLS
4:45	100M DASH	FINAL	BOYS
5:00	800M RELAY	FINAL	GIRLS
5:10	800M RELAY	FINAL	BOYS
5:20	1600M RUN	FINAL	GIRLS
5:40	1600M RUN	FINAL	BOYS
5:55	400M RELAY	FINAL	GIRLS
6:05	400M RELAY	FINAL	BOYS
6:15	400M DASH	FINAL	GIRLS
6:25	400M DASH	FINAL	BOYS
6:40	300M HURDLES	FINAL	GIRLS
6:50	300M HURDLES	FINAL	BOYS
7:00	800M RUN	FINAL	GIRLS
7:10	800M RUN	FINAL	BOYS
7:25	200M DASH	FINAL	GIRLS
7:35	200M DASH	FINAL	BOYS
7:45	<b><u>LNHS ALUMNI RECOGNITION</u></b>		
7:50	3200M RUN	FINAL	GIRLS
8:05	3200M RUN	FINAL	BOYS
8:20	1600M RELAY	FINAL	GIRLS
8:35	1600M RELAY	FINAL	BOYS

EVENT CALLS: 1ST CALL: 15 MINUTES BEFORE START TIME  
2ND CALL 10 MINUTES BEFORE START TIME  
**FINAL CALL: 5 MINUTES BEFORE START TIME**

**ALL ATHLETES/RELAY MEMBERS SHOULD BE IN THE BULLPEN AT FINAL CALL FOR FINAL RACE INSTRUCTIONS FROM THE BULLPEN CLERKS.**



## LIBERTY NORTH INVITATIONAL -- WORK ASSIGNMENTS

**MEET DIRECTOR:** Ken Peek  
**ASS'T MEET DIRECTOR:** David Chatlos  
**STARTERS/REFEREES:** Roger Giger, Bob Lade  
**GAMES COMMITTEE:** Scott Crall, Brian Hancock, Todd Warner  
**ANNOUNCER:** Mike Klug  
**FIELD ANNOUNCER:** Ted Maxwell  
**CLERK OF THE COURSE:** Andrew Hoskins  
**ASS'T CLERK:** Adam McCully  
**FINISH LINE JUDGES:** Miles Hochard, Alec Eslick  
**RECORDER:** TBA  
**BACK-UP TIMER:** Marie Goeglein  
**BULLPEN CLERKS:** Greg Jones, Andy Lierman  
**AWARDS:** Traci Keeler, Shelly Gall  
**HURDLE BOSS:** Ted Maxwell  
**HEAD TIMER/FINISHLYNX:** Scott Conner  
**SCORING/HYTEK:** Lance Goulding, Michael Kallal

**HURDLE ENGINEERS:** LNHS Athletes  
**BLOCK ENGINEERS:** LNHS Athletes  
**RESULTS RUNNER:** LNHS Athletes  
**PRESS BOX RUNNERS:** LNHS Athletes

**HEAD FIELD EVENT JUDGE:** Ken Lenger

<b>FIELD EVENT</b>	<b>WOMEN'S JUDGE</b>	<b>MEN'S JUDGE</b>
SHOT PUT	Ben Fiedler	Ben Fiedler
DISCUS	Dan Luellen	Dan Luellen
JAVELIN	Amber Sanford/Ken Peek	Amber Sanford/Ken Peek
LONG JUMP	Cole Quick	Cole Quick
TRIPLE JUMP	Andy Hall	Andy Hall
HIGH JUMP	Tim Chambers	Tim Chambers
POLE VAULT	Lisa Oliphant	Lisa Oliphant

### **4 x 100 EXCHANGE ZONES**

**1st:** Kearney, Oak Park, Staley  
**2nd:** Truman, Kirksville, NKC  
**3rd:** Platte Co, Ray-Pec, Ruskin

### **4 x 200 EXCHANGE ZONES**

**1st/3rd:** Blue Springs, Belton, Battle  
**2nd:** Liberty North/LS North/Starters

**BREAKLINE:** Liberty North - Chatlos

## 1. Sign up for a free coach account (if you do not have one)

- Go to: [www.athletic.net](http://www.athletic.net)
- Click on '**Log In**' in the upper right-hand corner, and then click 'Sign Up' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

## 2. Add meets to your season calendar

- **Log In** to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "Add a Meet" in your calendar box to navigate to the **Events page**
- In the search bar, enter Liberty North Varsity Invitational
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

## 3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

## 4. Register athletes for the Liberty North Varsity Invitational

- Locate Liberty North Varsity Invitational on your team's main Track & Field page and click on the meet name.
- Click "Register Athletes"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "Add an Athlete" buttons to add athletes to your roster if needed.