



# **2017 STATE TRACK AND FIELD CHAMPIONSHIPS**



May 13, 2017 8 AM-3:30 PM  
at Lutheran High School South  
9515 Tesson Ferry Road St. Louis, MO 63123

*God is my strength and power; and He maketh my way perfect.  
2 Samuel 22:33*

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# **LSAM State Track & Field Meet 2017**

## **Welcome to the 15th Annual LSAM State Track & Field Meet**

The Lutheran School Association of Missouri is proud to welcome the athletes, coaches, parents and spectators to the 2017 LSAM State Track & Field Championship Meet. We are looking forward to a large turnout and plan to conduct a great meet.

This year's competition will prove to be just as exciting for athletes, coaches, family members and spectators alike! The LSAM State Track & Field Championship Meet is more than competition; it is also fun! Regardless of whether young athletes achieve a personal best, win a ribbon or become the LSAM State Champion, they will certainly experience a first-class competition and have the opportunity to honor God with their skills and talents while making new friends - and a lifetime of memories!

## **Lutheran Sports Association of Missouri Organizing Committee**

- President Chuck Dreessen, Fenton
- Vice President Brandon Marolf, St. Charles
- Secretary Gloria Burrow, Concordia
- Treasurer Lily Burrows, Kansas City

## **Regional Directors**

1. John Hohenstein, St. Louis- South
2. John Greene, St. Louis- North
3. Carol Brown, St. Charles- NE
4. Bob Dubberke-St. Louis- West
5. Jim Mills, KC-West
6. Steve Greimann, Southwest Missouri
7. Southeast Missouri
8. Greg Rollins, Central Missouri
9. STL West- Member at Large
10. Eric Binder, STL South- Member at Large and Public Relations
11. Andy Spieler, SE- Member at Large
12. Jim Ford, STL- NE- Member at Large
13. Josh Wanner, Technical Support
14. Ross Gilbert- Member at Large
15. Michael Lowther- Member at Large and Public Relations
16. Keith Templeton- Member at Large
17. Mark Murphy- Member at Large

## Tournament Directors

Dave Schoedel, State Cross Country

Gloria Burrow, State Volleyball

Drew Burnett and Mark Murphy, State Basketball

Brenda Lowther, Scholar Bowl

David Schoedel and Chuck Dreessen, State Track

## Charter Members

Jerry Kopp- Pres. Emeritus, Jerry Robinett, Marc Debrick, Steve Gonzales, Mark Eggers

## State Track Meet Management

State Weekend Director - Dave Schoedel

Phone: 636-946-0051

email: dschoedel@immanuelstcharles.org

Meet Manager - Chuck Dreessen

Home phone: 636-349-4416

email: [cdreessen@ccls-stlouis.org](mailto:cdreessen@ccls-stlouis.org)

## Athlete Individual Eligibility

See LSAM grade school rules section 4.01, 4.03, and 4.06. These were used for the volleyball and basketball state tournaments. A copy of these rules can be obtained at the website [www.lsam.org](http://www.lsam.org)

## Entry Requirements and Fees

**Entry limitation** – Each athlete may enter four (4) individual events with a maximum of three (3) running events) including the relays. Each school shall be limited to one entry in a relay event unless a second team has also met the State qualifying standard. We will also have a limit of three (3) participants per school per event unless all of the school's entrants in that event have met the state qualifying standards. All entry forms must be submitted accurately and completely and postmarked on or before May 8, 2017. OR You can FAX them by Tuesday, May 9<sup>th</sup> to 314-822-5472 marked to the attention of Chuck Dreessen. They must be in the hands of the Track committee by Tuesday, May 9<sup>th</sup>.

**On Line Entries:** Schools may enter athletes on-line through the Host Meet Director. The **registration will open April 18<sup>th</sup>**. Submit entries to Chuck Dreessen at [cdreessen428@gmail.com](mailto:cdreessen428@gmail.com). Again, you must email your entries by 7 p.m. Tuesday, May 9, 2017.

**Scratches or changes:** Changes can be FAXED or emailed during the week if absolutely necessary. A coach can also scratch or change an athlete's event at the registration at the coach's meeting at 8 am Saturday morning if an athlete is injured or sick. Substitutions for a relay team may only be made if an athlete is injured, gets ill, or never showed-up for the meet. This replacement must be on the State roster and must meet entry limitations. Coaches must make any relay change in the Bullpen before the race with the event recorder. Otherwise, you must stick to your original application. All athletes are data-based into a "Track Meet Manager" software package. The fewer changes we have to make on the Meet date the better.

**Fees** - \$10.00 per individual athlete. However, a maximum total entry fee for any school is \$150.

All payments should be made payable to **L.S.A.M. Mail in your entry fee or bring it with you and turn in at the time of registration. Mail payment to:**

Christ Community Lutheran School  
Attention: Chuck Dreessen  
110 W. Woodbine  
Kirkwood, MO 63122

### **Registration/Package Pick-up**

Coaches can pick-up their competition packets at Lutheran High School South before the coaches meeting Saturday morning at 8:00 a.m. Team entry fees can be paid at this time.

**Admission Fee** - The admission fee for the competition on Saturday is **\$5**. All children age 6 and under will be admitted FREE. Note: Track Coaches, athletic directors, and principals will be admitted free (PLEASE IDENTIFY YOURSELF AS THE APPROPRIATE PERSON AND YOUR SCHOOL).

**Food Services** – A concession stand will be available at the track and numerous fast food and national chain restaurants are available within 5 to 10 minutes from the Track. **PLEASE DO NOT BRING OUTSIDE FOOD INTO THE TRACK EVENT! Help support the concession stand.**

## Qualifying Standards

Coaches should consider the following guidelines for Performance Standards:

1. Competition events and qualifying criteria - Any athlete that a coach feels qualifies for the STATE Tourney may enter. If the athlete has great practice times or has finished in the top 6 at any track meet, he/she should be considered.
2. Here are suggested times and distances to use as a guide to determine who from your school deserves to go. Please try to stay close to these suggestions.
3. Remember, each school shall be limited to one (1) entry in a relay event unless a second team also meets the qualifying standard. We will have a limit of three (3) participants per school per event unless all of the school's entrants in that event have met the state qualifying standards.

EVENT	BOYS	GIRLS
Shot put	28 feet (4 kg)	24 feet (6 lb)
Discus	85 feet (1kg)	65 feet (1kg)
High jump	4' 10" (start at 4' 2")	4' 2" (start at 3' 10")
Long jump	14 feet	13 feet
Triple jump	30 feet	26 feet
100 meters	14.0 sec	15.0 sec
200 meters	28.0 sec	33.0 sec
400 meters	68 sec	74 sec
800 meters	2:40	3:05
1600 meters	6 min	6:40 min
100 meter hurdles	20 sec (10 - 30")	23 sec (10 - 30")
4 x 100 meter relay	57.0 sec	62.0 sec
4 x 200 meter relay	2 minutes	2 min, 10 seconds
4 x 400 meter relay	5 minutes	5 min, 30 seconds

**NOTE:** DO NOT PLACE AN ATHLETE IN AN EVENT THAT HE/SHE HAS NO KNOWLEDGE OR SKILL. WE DO NOT WANT ATHLETES TRYING HURDLES, DISCUS, SHOT PUT, THE MILE RUN, ETC. AT THE STATE MEET IF THEY HAVE HAD NO PRIOR EXPERIENCE.

We want students to get a chance to compete but, this is not safe and it is not fair.

## Rules and Regulations

- 1. MSHSAA Rules:** The meet will be conducted in accordance with MSHSAA rules, including those applicable and specific to middle school/junior high students. There will be NO age division breakdowns. There is only one boys division and one girls division. Some changes may be made at an LSAM sanctioned event with approval of the LSAM Board. **NO JEWELRY IS TO BE WORN. VIOLATION MAY RESULT IN DISQUALIFICATION FROM THE EVENT.**
- 2. Event Limits:** Each athlete may enter four (4) individual events with a maximum of three (3) running events (including the relays). Each school shall be limited to one entry in a relay event unless a second team has also met the State qualifying standard. We will also have a limit of three (3) participants per school per event unless all of the school's entrants in that event have met the state qualifying standards.
- 3. Uniforms:** All track athletes from a school must wear the same school colors so they can easily be identified. Relay participants must especially wear a top of the same color(s) and are **strongly encouraged** to have shorts of the same color(s) too.
- 4. Event Schedule and Check-in -** Meet Management cannot post accurate event start times due to the unknown number of entries. Coaches will receive an event order update at the packet-pickup. Athletes must listen for their event to be announced as a "first call" and immediately report to the designated area when they hear the "second call". If an athlete hears the "third call", he/she better be just a few steps away.
- 5. Conflicting Events -** When an athlete has two events occurring at the same time, **ALWAYS DO THE RUNNING EVENT FIRST**, and then return for the field event. Tell the event official you are leaving to run. **Athletes are to report back to their field event within 15 minutes of the completion of their running event or FACE POSSIBLE ELIMINATION FROM THE EVENT.** Coaches please tell your athletes to hurry back to their field event after completing their running event so the meet can continue in an orderly manner.
- 6. Field Events -** Except for the high jump, entrants for all field events will be given two unmeasured practice jumps or throws. Finals will consist of three measured jumps or throws in the long jump, triple jump, shot put, and discus throw. (A **4kg shot for boys** and a 6-pound shot for girls will be used. **Please note the change in the weight of the boys shot put. This conforms to the new MSHSAA guidelines set for the shot put. Please make your shot putters aware of this change and practice with the proper weight and size.** A 1 kg discus will be used for both boys and girls.) The best jump or throw out of the three will be used to determine the winner. The second best jump or throw will be used to break any ties.

7. **High Jump** - For the high jump event, 3 attempts will be allowed at each height until the entrant is eliminated. Girls will start at 3'10", and boys will start at 4'2". The first jump heights will increase by 2 inches until there are only 4 jumpers left. Then the increase interval will only be 1 inch. However, the rate at which they increase will be at the discretion of the event judge. The event must keep moving to stay on schedule. **Coaches please note that both high jumps will be held outside. Have your athletes wear proper shoes for the conditions.**
8. **Sprint Heats** - The 100-meter hurdles and 100-meter dashes will be run in heats. When placing runners in heats, we will use the personal records recorded on the entry form for each athlete. We will try to make fast heats and slower heats, but no guarantee. Those entrants with one of the eight fastest preliminary times that day will qualify for the final heat. The final heat will determine each entrant's award placement.
9. **Other Individual Runs** - The 200, 400, 800 and 1600-meter runs will be run in timed heats. The final places will be determined by each entrant's heat time. No finals will be run for these events. Remind your runners that they are competing against the clock.
10. **Hurdles** - Both boys and girls will run a 100 meter hurdle race. There will be ten (10) 30-inch high hurdles. The distance to the first hurdle is 13 meters and the distance between is 8.5 meters. The distance to the finish line from the last hurdle is 10.5 meters.
11. **Relay teams** - All relay team members must be from the same school. A relay team consists of four (4) athletes entered into the meet on the entry form. Acceleration zones of 10 meters and exchange zones of 20 meters will be used. Acceleration zones are only allowed in the 4 x 100 relay.
12. **Special equipment** - Starting blocks are allowed but are not provided. The track is an all-weather track. Athletes are allowed to wear track shoes with 1/8" or 1/4" spikes. These will be checked in the bullpen/staging area.
13. **Disqualifications** - In all events, any disqualifications will be made according to MSHSAA Track Rules at the discretion of the event official and/or meet manager.
14. **Scratches, substitutions** - Any scratches or substitutions may be made at the coaches meeting at 8:00 AM on Saturday morning. Please do not abuse this privilege. Only make changes if an athlete is injured or can't make it. It affects our seeding and race entry sheets too much. All the athletes and events are entered into a computer. The fewer changes made on Saturday, the better. After 8:30 AM, no changes can be made unless there is an injury to a relay runner. The



relay team can be filled out with someone else from the school's state roster, provided the athlete has not participated in 4 events already.

## LSAM State 2017 Schedule of Events

### Saturday Meet Site: **Lutheran High School South**

**8:00 AM-** Coaches' Meeting- Pick up Packets

**8:15-8:30 AM-** Teams line up for parade and team pictures are taken

**8:30 AM-** Opening Ceremonies. Athletes parade into the stadium

**BRING A SCHOOL BANNER!!!**

**OPENING WORSHIP-on the track**

**Daniel Meyer-Director of Christian Education  
at Christ Memorial**

**9:15AM - Meet Starts**

**Times are approximate and events can run early or late.** Coaches please inform your athletes of this that they will be present in plenty of time and ready to participate. **In all races, girls run first then boys.**

**LSAM will follow MSHSAA guidelines at State Tournaments. Each tournament LSAM reserves the right to post supplemental rules, with LSAM Board approval, which take precedence over MSHSAA rules.**

### Order of Running Events

9:45AM	800 m timed FINALS
10:15	100 m HEATS
11:00	100 m hurdle HEATS (10-30")
11:30	4 X 400 m relay timed FINALS
12:00 P.M.	100 m hurdle FINALS
12:15	100 m FINALS
12:30	4 X 200 m relay FINALS
1:15	400 m timed FINALS
1:45	1600 m timed FINALS
2:30	200 m timed FINALS
3:00	4 X 100 m relay FINALS

### Order of Field Events

9:15AM	Boy's High Jump
9:15	Girl's High Jump
9:15	Girl's Long Jump
9:15	Boy's Shot Put (4 kg)
9:15	Girl's Discus (1 kg)
9:15	Boy's Triple Jump
10:45	Boy's Long Jump
10:45	Girl's Shot Put (6 lbs.)
10:45	Boy's Discus (1 kg)
10:45	Girl's Triple Jump

**3:30 PM (approximately ) Closing Ceremony and Team Trophy Presentation:** Will take place as soon as events are completed and points are tabulated.

## **Awards**

**Individual Awards:** The first 8 places in each event are awarded medals or ribbons and those who finish the event will receive a STATE participation ribbon. All medals or ribbons for athletes who finish in the top 8 places will be handed out after results are announced.

**Team scoring and Awards:** Team scoring will be based on the following point structure with the top 8 places scored (10, 8, 6, 5, 4, 3, 2, 1) to indicate points from first through eighth place).

In each division, boys and girls, the following school team points shall be awarded for each event:

1 <sup>st</sup> place – 10 pts	5 <sup>th</sup> place – 4 pts
2 <sup>nd</sup> place - 8 pts	6 <sup>th</sup> place – 3 pts
3 <sup>rd</sup> place - 6 pts	7 <sup>th</sup> place – 2 pts
4 <sup>th</sup> place - 5 pts	8 <sup>th</sup> place – 1 pt

Top 4 teams in each division, boys and girls, will receive a plaque. Each State champ receives a gym banner. The team trophies will be handed out during the awards ceremony at the conclusion of the meet.

## Hotel and Directions

Below you will find various hotels, addresses, phone numbers and rates for rooms. Many of the hotels offer a free continental breakfast with your stay, but it would be best to check to be sure. We allow out-of-town schools to book their own hotel at their own rates. Ordering online may give you better rates. The hotels listed below are located in Fenton and are approximately 15 minutes away from Lutheran High School South.

<u>Name</u>	<u>Cost for 2 Queens</u>	<u>King</u>	<u>Address &amp; Phone Number</u>	<u>Amenities</u>
<b>Drury Inn</b>			1088 South Highway Drive	Full Hot Breakfast
Denny's is between these			Fenton, MO 63026	popcorn & soda 3-10 p.m.
Cracker Barrel is very close			636-343-7822	supper & 3 adult beverages
Microwave & Refrigerator			<a href="mailto:disfen40gm@druryhotels.com">disfen40gm@druryhotels.com</a>	Indoor/ Outdoor pool
<b>Pear Tree</b>				Continental Breakfast
No Microwave			1088 South Highway Drive	popcorn snacks
No Refrigerator			Fenton, MO 63026	
			636-343-7822	
			<a href="mailto:dis.fen.40gm@druryhotels.com">dis.fen.40gm@druryhotels.com</a>	
<b>Holiday Inn Express</b>				Continental Breakfast
Krispy Kreme			1848 Bowles Ave.	
McDonalds			Fenton, MO 63026	
			636-349-4444	
			<a href="mailto:hiexpressfenton@gmail.com">hiexpressfenton@gmail.com</a>	
<b>Fairfield by Marriot</b>				Continental Breakfast
Executive King and			1680 Business Park Court	and waffles
Sofa Sleeper- \$79.00			Fenton, MO 63026	Indoor Pool
			636-305-1500 Ext.411	Workout Room
			<a href="mailto:kim.harrell@dimdev.com">kim.harrell@dimdev.com</a>	
<b>Super 8</b>				
			650 S. Highway Drive	Continental Breakfast
			Fenton, MO 63026	and waffles
			636-343-5710 Ext.137	
			<a href="mailto:super8fenton@gmail.com">super8fenton@gmail.com</a>	
<b>Rodeway Inn</b>		NO King Beds		No Breakfast
Krispy Kreme			1860 Bowels Ave.	
McDonalds			Fenton, MM 63026	
			636-343-6200	
			<a href="mailto:rodewayinnfenton@gmail.com">rodewayinnfenton@gmail.com</a>	

### **Directions to the Hotels**

Once you are traveling North or South on Highway 270 exit on Highway 44 West

Take the second exit 274 A Bowles Avenue

Stay on North Highway Drive to the light

Turn left and go across the bridge

If going to **Rodeway Inn or Holiday Inn Express** go STRAIGHT AHEAD. They are on your left at the next light

If going to the other hotels turn left on to South Highway Drive

**Pear Tree and Drury** are the first hotels you will see. **Fairfield by Marriot and Super 8** are further down on South Highway Drive.

### **To get to Lutheran High School South**

1. Take I-44 East to Hwy. 270 South.
2. Exit Hwy. 270 at Gravois Road (this is the first exit after getting onto 270).
3. Make a left at the light and go approximately 4 miles to Tesson Ferry Road (Hwy. 21).
4. Turn right onto Tesson Ferry Road (Hwy. 21) and go approximately 0.1 mile.
5. Lutheran High School South will be on your right.
6. Parking is available around the school and in the upper lot right off Tesson Ferry.