

Class 1A – Regional #24
Hosted by: Western Kansas Liberty League
Friday, May 22, 2015

- ADMISSION:** \$5.00 – Adults \$4.00 – K-12 Students
- LOCATION:** Fort Hays State University Track
Lewis Field Stadium
- FACILITY/SURFACE:** 8-Lane Rubberized Surface; All Jumping & Javelin Runways are Rubberized
Shot-Put & Discus Rings are concrete
- COACHES MEETING:** 11:45 am – SW Patio near Common Finish
**Please electronically submit copies of Sportsmanship Cards & PV Verification Forms*
- IMPLEMENT WEIGH-IN:** 11:30am - 12:30 pm – Shed underneath grandstands (SW Corner)
- FIELD EVENTS:** 1:00 pm 3 attempts in all events
7 to Finals (LJ, TJ, Shot-Put, Discus, Javelin)
- RUNNING EVENTS:** 2:30 pm Preliminaries
4:30 pm Finals
- SCHOOLS:**
- | | |
|-------------------------------|-------------------------------|
| Almena-Northern Valley | Bird City-Cheylin |
| Brewster | Downs-Lakeside |
| Grainfield-Wheatland/Grinnell | Healy |
| Hoxie | Kensington-Thunder Ridge |
| La Crosse | Logan |
| Natoma | Osborne |
| Otis-Bison | Palco |
| Quinter | Ransom-Western Plains |
| Rexford-Golden Plains | Sharon Springs-Wallace County |
| St. Francis | Stockton |
| Victoria | Weskan |
| Wilson | Winona-Triplains |
- ENTRIES:** Close: Saturday, May 16th @ 8:30PM.
- SEEDING:** Seeding will occur on Monday, May 18th by 6:00PM.
All schools will be sent a Meet Program via email containing all heats.
- SCORING:** 6 places for both individual and relay events (10-8-6-4-2-1).
- RESULTS:** Please use the online link below to access all heats and seeds prior to the meet and for all results throughout the meet.
<http://heartlandtiming.com/results/2015regional24/index.htm>
- AWARDS:** Medals will be awarded for 1st-3rd place finishers.
Team Championship & Runner-Up plaques will be awarded to each division.

Regional #24 – Official Order of Events

Field Events (Completed in the order listed) – 1:00 PM (CST)

High Jump (Girls, Boys)

Pole Vault (Boys, Girls)

Long Jump (Boys, Girls)

Triple Jump (Girls, Boys)

Shot-Put (Run Simultaneously)

Discus (Run Simultaneously)

Javelin (Boys, Girls)

Preliminaries – 2:30 PM (CST)

2:30 PM	Girls 100M High Hurdles (33")
2:40 PM	Boys 110M High Hurdles (39")
2:50 PM	Girls 100M Dash
3:00 PM	Boys 100M Dash
3:10 PM	Girls 200M Dash
3:20 PM	Boys 200M Dash
3:30 PM	Girls 4x800M Relay
3:45 PM	Boys 4x800M Relay

****30-minute Mandatory Break***

Finals – 4:30 PM (CST)

4:30 PM	Girls 100M High Hurdles (33")
4:35 PM	Boys 110M High Hurdles (39")
4:40 PM	Girls 100M Dash
4:45 PM	Boys 100M Dash
4:50 PM	Girls 1600M Run
5:00 PM	Boys 1600M Run
5:10 PM	Girls 4x100M Relay
5:20 PM	Boys 4x100M Relay
5:30 PM	Girls 400M Dash
5:40 PM	Boys 400M Dash
5:50 PM	Girls 300M Hurdles (30")
6:00 PM	Boys 300M Hurdles (36")
6:10 PM	Girls 800M Run
6:20 PM	Boys 800M Run
6:30 PM	Girls 200M Dash
6:35 PM	Boys 200M Dash
6:40 PM	Girls 3200M Run
6:55 PM	Boys 3200M Run
7:10 PM	Girls 4x400M Relay
7:20 PM	Boys 4x400M Relay

**Time Schedule is only a guide. A rolling schedule will be used.*

Concession Stand Prices

Ran by FHSU Athletics

Hotdogs	\$3.50
Nachos	\$3.50
Gatorade	\$3.50
Pizza	\$5.50
Bottled Water	\$3.00
Candy	\$1.50
Beef Jerky	\$2.50
Large Pop	\$3.00
Small Pop	\$2.50
Coffee/Hot chocolate	\$2.00
Popcorn	\$2.00

LIGHTNING POLICY

Lightning strikes to individuals are rare but can be deadly. It is also the most consistent and significant weather hazard that may affect athletic participation. Due to the nature of lightning and the arrangement of the university's athletic facilities there must be a policy in place to respond to the occurrence of lightning.

The National Athletic Trainers' Association Position Statement: Lightning Safety for Athletics and Recreation recommends that athletic participation cease when lightning is detected within six miles. For our purposes this will be indicated by either a 30 second flash-to-bang count as assessed by an athletic trainer or as indicated by the SkyScan* unit. The athletic training staff will supplement this information by monitoring of internet based weather monitoring organizations** as well as local news reports for storm warnings. Once the athletic trainer has decided to delay participation, an announcement will be made by two-way radio and/or cell phone contact to each sport training outdoors. An athletic trainer or athletic training student will be assigned to monitor for signs of threatening weather.

When the decision has been made to delay participation, teams will report to their assigned Safe Structure. A safe structure is defined as:

1. A safe location is any substantial, frequently inhabited building. The building should have four solid walls (not a dug out), electrical and telephone wiring, as well as plumbing, all of which aid in grounding a structure.
2. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows completely closed. It is important to not touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms.
3. It is not safe to shower, bathe, or talk on land line phones while inside of a safe shelter during thunderstorms (cell phones are OK).

Teams will remain within these structures until the athletic training staff has determined it is safe to continue activity. A game, practice, or other activity will not resume until 30 minutes has passed since the last visible lightning strike or sound of thunder. Safe Structures will be assigned as follows:

M & W Track and Field – Inside Lewis Field Stadium

In the event of lightning, precautions must be taken to ensure the safety of fans as well as players. When an event is delayed for lightning, an announcement will be made to spectators regarding the reason for the delay as well as suggestions for their safety. Spectators should either go inside a safe structure or at least get into automobiles which have a solid metal roof (not convertible) and roll up the windows. It is not the tires that protect from lightning strikes it is the large area of the roof which dissipates the lightning around the vehicle.

*The SkyScan unit is an electronic portable lightning/thunderstorm detector. It is able to detect lightning and thunderstorm activity as far as 40 miles away. The unit will indicate lightning activity at ranges of 20-40 miles, 8-20 miles, less than 8 miles and less than 3 miles away.

**The Weather Channel, Weather Underground, and/or NOAA National Weather Service

Lightning Don'ts

- .. Avoid using shower facilities for a safe structure and do not use showers or plumbing facilities during a thunderstorm.
- .. Trees are not good options for shelter during a thunderstorm, especially lone or single trees.
- .. If caught outdoors with no shelter stay away from the tallest objects, crouch down with only the balls of your feet touching the ground. Try to minimize your body's surface area and minimize contact with the ground. DO NOT lie flat.

- “ Avoid using land line telephones except in emergency. Cellular or cordless phones are a safe option within a Safe Structure.

Flash-to-Bang

To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. When storms have a high flash rate, it is important to correlate a specific flash with the thunder it produced. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count of thirty seconds equates to a distance of six miles. Lightning has struck from as far away as 10 miles from the storm center.

Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest, (irrespective of whether lightning is seen or thunder heard) until the hazard has passed. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

P.S.A. for Unsafe Weather Conditions

Attention ladies and gentlemen, unsafe weather conditions have been detected. The contest will be postponed until the storm has moved from the area. The National Severe Storm Laboratory recommends that during thunderstorms people should take shelter inside a fully enclosed building with plumbing and electrical wiring. Inside a vehicle with a solid metal roof is a safe alternative. If you are unsure of the appropriateness of your automobile please seek shelter indoors immediately.

NATA Recommendations for Lightning Safety

1. Established a chain of command that identifies who is to make the call to remove individuals from the field.
2. Name a designated weather watcher (A person who actively looks for the signs of threatening weather and notifies the chain of command if severe weather becomes dangerous.)
3. Have a means of monitoring local weather forecasts and warnings.
4. Designate a safe shelter for each venue.
5. Use the Flash-to-Bang count to determine when to go to safety. By the time the flash-to-bang count approaches thirty seconds all individuals should be already inside a safe structure.
6. Once activities have been suspended, wait at least thirty minutes following the last sound of thunder or lightning flash prior to resuming an activity or returning outdoors.
7. Avoid being the highest point in an open field, in contact with, or proximity to the highest point, as well as being on the open water. Do not take shelter under or near trees, flagpoles, or light poles.
8. Assume the lightning safe position (crouched on the ground, weight on the balls of the feet, feet together, head lowered, and ears covered) for individuals who feel their hair stand on end, skin tingle, or hear "crackling" noises. Do not lie flat on the ground.
9. Observe the following basic first aid procedures in managing victims of lightning strike:
 - § Survey the scene for safety.
 - § Activate local EMS.
 - § Lightning victims do not 'carry a charge' and are safe to touch.
 - § If necessary, move the victim with care to a safer location.
 - § Evaluate airway, breathing, and circulation, and begin CPR if necessary.
 - § Evaluate and treat for hypothermia, shock, fractures and/or burns.
10. All individuals have the right to leave an athletic site in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions or penalty from anyone.

TORNADO POLICY

In the event that a tornado watch/warning has been issued, all participants and spectators will be asked to evacuate underneath of the grand stands on the East side. Please listen to the Public Address Announcer for important life-saving information.

Regional Track 24 - Class 1A

May 22, 2015

