



Coach Alex Francis  
1946-1980  
"Beat Somebody"

# FHSU

## Alex Francis Classic

Thursday, March 28, 2019

***No High School section in 2019***

### **MEET INFO**

- FHSU Track & Field Facility (Alex Francis Track)
  - Bickle-Schmidt Sports Complex
  - 1376 Old Hwy 40, Hays, KS 67601
- Please set up your camps on the concrete surfaces. No team camps inside the track.
- The infield will only be used for warmups if it is not muddy or wet.
- **ENTRY FEES** – \$175 per team (\$350 for both Men & Women). Individuals are \$20 apiece.
- **ENTRIES DUE** – Wednesday, March 27 (6:00 PM)
- **IMPLEMENT WEIGH-INS** – 10:30 – 11:30 AM (Storage Shed)

### **RUNNING EVENTS**

- 1/4" spikes or smaller in all shoes including jumps and throws.
- ALL RACES ARE TIMED FINALS – the fastest heat will run last.

### **FIELD EVENTS**

- **ATTEMPTS** – Field events will get 3 attempts. Top Nine athletes will advance to finals.
- **IMPLEMENT WEIGH-IN** – Located in the building north of the stands

### **OTHER INFO**

- **RESULTS** – Printed results immediately following the last event and posted on the bulletin board.
- **LIVE RESULTS** – Available on [www.heartlandtiming.com](http://www.heartlandtiming.com) and the track meet mobile app.
- **AWARDS** – T-Shirts for event champions. No team scores.
- **ROLLING SCHEDULE** – A rolling schedule will be used for the running events.

### **ENTRY PROCEDURE:**

**Direct Athletics: [www.directathletics.com](http://www.directathletics.com)**



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### FIELD EVENT SCHEDULE

- 12:00    Women's Hammer  
          Men's Discus  
          Women's Long Jump  
          Men's Long Jump  
          Women's Pole Vault
- 1:30     Men's Hammer  
          Women's Discus  
          Women's Triple Jump  
          Men's Triple Jump  
          Women's High Jump  
          Men's Pole Vault
- 3:00     Men's Shot Put  
          Women's Javelin  
          Men's High Jump
- 4:30     Women's Shot Put  
          Men's Javelin

### RUNNING EVENT SCHEDULE

All Events Timed Finals  
Rolling Schedule

- 2:00 pm    Women's 3,000 Meter Steeplechase  
              Men's 3,000 Meter Steeplechase  
              Women's 400 Meter Relay  
              Men's 400 Meter Relay  
              Women's 1500 Meters  
              Men's 1500 Meters  
              Women's 100 Meter Hurdles  
              Men's 110 Meter Hurdles  
              Women's 400 Meters  
              Men's 400 Meters  
              Women's 100 Meters  
              Men's 100 Meters  
              Women's 800 Meters  
              Men's 800 Meters  
              Women's 400 Meter Hurdles  
              Men's 400 Meter Hurdles  
              Women's 200 Meters  
              Men's 200 Meters  
              Women's 5000 Meters  
              Men's 5000 Meters  
              Women's 1600 Meter Relay  
              Men's 1600 Meter Relay