



## 2023 Mason County Indoor Track Meets

Mason County Indoor Athletic Complex

721 Clarks Run Rd

Maysville, Kentucky 41056

Host: Mason County High School

### Meet Schedule

January 28

February 4

February 11

February 25

High School & Middle School & USATF Masters & Open

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### Entry Deadline

January 25

February 1

February 8

February 22

**THE 3/16 INCH PYRAMID SPIKE RESTRICTION WILL BE STRICTLY ENFORCED**

### Start Times

All meets start at 8:00 AM with Pole Vault for High School & Masters Male and Female combined.

Running and other field events begin at 10:00 AM.

### Events:

8:00 AM - Pole Vault-We will contest the pole vault as a separate event. KHSAA rules apply for pole vault. A school coach/representative must be present during the competition. Otherwise for insurance purposes, athletes must have a 2023 USATF membership and compete in the Open/Masters division. The maximum vault height is 12' 0". **DUE TO THE INCREASING NUMBER OF POLE VAULTERS, WE RESERVE THE RIGHT TO CAP THE TOTAL NUMBER OF POLE VAULTERS AT 30. PLEASE GET YOUR ATHLETES ENTERED EARLY.**

10:00 AM -Rolling Schedule: Middle School girls & boys, and masters 4x800 relay, high school girls/boys 4x800 relay, middle school girls & boys 55 Hurdles, high school girls & boys 55 hurdles, masters hurdles. 55 Meter Dash(ms & masters girls, hs girls, ms & masters boys, hs boys), 1600 Meters(ms & master combined, girls & boys ms may be combined depending on numbers, hs girls, hs boys), 400 Meters(ms & masters girls, hs girls, ms & masters boys, hs boys), 800 Meters(ms & master girls & boys combined, hs girls, hs boys), 3000 (High School Only), 4x400 Relay (ms girls & boys combined, hs girls, hs boys), 200 (Open/Masters Only)  
Finish Lynx Timing will be used.

10:00 AM- Shot Put (middle school girls & boys & masters combined, then high school girls, then high school boys) 3 throws

10:00 AM- High Jump high school girls, followed by high school boys followed by middle school boys, girls, & masters combined)

10:00 AM-Triple Jump Open pit girls, boys, masters, open 45 minutes followed by Long Jump (open pit for two hours) 3 jumps

High school & Middle School Unlimited entries, only top 2 individuals score and only 1 relay team per school scores. Scoring 10-8-6-4-2-1

High School & Middle School-- Maximum of four events per athlete.

Note an additional event will be the pentathlon. (55 hurdles, high jump, long jump, shot put, 800) This event will not be run separately. Athletes must compete in each of the five events during the regular competition. Performances in the regular events will be rolled in to the pentathlon scoring table. Email [Fmiklavcic@aol.com](mailto:Fmiklavcic@aol.com) the names of those competing in the pentathlon before each meet.

## Fees

### High School

Entry fees -\$100 per team (girls and boys are separate teams) \$15 per individual (Must be a member of a school team with high school coach/school rep present at the meet). **\$25 late fee per team. Any entry fee not submitted by the morning of the meet is considered late. No exceptions.**

### Middle School

Entry fees \$75 per team (girls and boys are separate teams) \$15 per individual. **\$25 late fee per team. Any entry fee not submitted by the morning of the meet is considered late. No exceptions.**

### Master & Open

Entry fee \$20 per athlete, unlimited events. **Late entry-meet day \$25 per athlete**

## **MAKE CHECKS PAYABLE TO MASON COUNTY HIGH SCHOOL**

Mail All Checks to:  
Mason Co High School  
% Mark Kachler  
179 Edgemont Road  
Maysville, KY 41056

**CHECKS MAY BE BROUGHT TO THE MEET AND WILL NOT BE CONSIDERED LATE**

## Entry Process

High School and Middle School will enter online at [www.kymilesplit.com](http://www.kymilesplit.com)

Enter athletes in the events you think they will compete in. You may change and add other events at the line on meet day. Make sure all the athletes who will be competing are entered in at least one event. Competitor numbers for the right hand will be emailed by Thursday prior to the event date. Masters and Open athletes will enter using the mail-in form below. USATF Masters & Open will wear bib numbers during the meet.

**Due to KHSAA regulations, anyone competing in the high school division as a member of their school team must be accompanied by the school coach or authorized school designated representative. Unattached or club athletes can compete but must be a member of USATF. You may join USATF online at <https://www.usatf.org/>**

**These meets also serve as a qualifier for the Ohio Association of Track & Cross County Coaches indoor high school championships. Only those competing in the high school division under their school name with their school coach/representative present will have their results forwarded to the OATCCC entry chairman.**

*Note: Due to possible size limitations of the facility, we reserve the right to cutoff entries depending on the number of athletes entered. Insure your participation by getting entries made online early.*

## **USATF Entries:**

**2023 USA TRACK AND FIELD MEMBERSHIP REQUIRED for OPEN/MASTERS.** Place Membership number on entry form or enclose the correct additional membership fee with entry form and a separate completed membership application. Applications available from addresses listed below or join directly online at

<http://usatf.org/associations/info.asp?associationNumber=41>

Kentucky USA Track & Field Membership \$20 for Youth, Age 18 and Under.

\$30 for Adults, Age 19 and Older

Further information concerning entries, procedures-contact Frank Miklavcic 502-875-2904 [Fmiklavcic@aol.com](mailto:Fmiklavcic@aol.com)

Information & Results [www.kytrackxc.com](http://www.kytrackxc.com)

## **Facility**

**Surface is ½ inch polyurethane rubberized. 3/16” Pyramid spike length is strictly enforced.**

The track has four 42" lanes on the oval. The oval is 133.33 meters. 1.5 laps for 200 meters, 3 laps per 400, 6 laps per 800, 12 laps per 1600, 22.5 laps per 3000. 55 straight will have eight lanes. Lanes will be numbered from outside in. Lane 1 being on the outer edge of the track. Lane 8 will be next to the long jump runway. Lane 4 will be the inside lane of the oval. 4x400 and 4x800 relays will have the exact same exchange zones at the starting line.

400 will be two turn stagger and break in after hitting the straightaway. 800, 1600, and 3000 will have waterfall start with an extra alley arch starting line through lanes 1 & 2 on the outside.

Long jump/triple jump boards(painted) at 3', 8', 20', 32'. The maximum vault height is 12'0" due to ceiling restrictions.

Oval races will finish in to the finish chute stretch cross country style. The radius of the turn will be 37.8 feet for the inside lane.

There is permanent bleacher seating. Concessions are available. Interior photos are available on our Facebook page: Mason County Track and Cross Country

**General Admission charge will be \$7 per person not competing.**

**FACILITY ADDRESS:** 721 Clarks Run Road, Maysville, KY 41056.

Information on Maysville-Mason County area: Mark Kachler – [mark.kachler@gmail.com](mailto:mark.kachler@gmail.com), 606 301 3386 or go to the Maysville Tourism website:

<http://www.cityofmaysville.com/articles/catview.asp?catid=383>

## MOTELS

### Quality Inn

1428 A U.S. Hwy 68  
Maysville, KY 41056  
606-759-5696 or 800-528-1234

Indoor heated pool & spa, complimentary deluxe continental breakfast, handicap facilities, free local calls, cable TV with HBO, free weekday copy of USA Today, free parking, bus parking.

### French Quarter Inn

25 East McDonald Parkway  
Maysville, KY 41056  
606-564-8000 or 800-966-9892

[www.FrenchQuarterInn.com](http://www.FrenchQuarterInn.com)

A Southern Taste of Hospitality New Orleans style. Spacious suites with executive desks. Each room features over-sized deep whirlpool tub. Meeting room, full service restaurant, and outdoor pool.

### Hampton Inn

503 Market Place Drive  
Maysville, KY 41056  
606-759-0600

[www.hamptoninn\\_hilton.com](http://www.hamptoninn_hilton.com)

62 Rooms, King & Jacuzzi Suites. Indoor Pool, Business Center, Exercise Room, Hot Breakfast.

### Maysville Super 8 Motel

550 Tucker Drive  
Maysville, KY 41056  
606-759-8888 or 800-800-8000

[www.super8.com](http://www.super8.com)

Whether for business or pleasure, the award winning Maysville Super 8 Motel offers 44 rooms and two suites. Complimentary continental breakfast, microfridges, computer available in lobby, dataport phones, large truck parking.

MASTERS & OPEN ENTRY FORM  
SANCTIONED BY KENTUCKY USA TRACK & FIELD  
January 28, February 4, 11, 25, 2023

Name \_\_\_\_\_ Sex M F 2023 USATF # \_\_\_\_\_

Email address \_\_\_\_\_ Birthdate (Month, day, year) \_\_\_\_\_

Contact Patty Rouse [Prouse23@windstream.net](mailto:Prouse23@windstream.net) to see if your age has previously been verified or for more information on USA Track & Field membership as well as club membership. 2023 USATF memberships can be purchased online at [www.usatf.org](http://www.usatf.org) after January 1, 2023.

Events (circle maximum of four) 55H 55 dash 200 400 800 1600 Shot Put High Jump Long Jump  
Triple Jump 4x400 relay 4x800 relay (relay age groups are 10 & under, 12 & under, 14 & under, 16 & under, 18  
& under, open) Pole Vault(note extra \$10.00 fee for pole vault-if pole vault is the only event you compete in,  
entry fee is \$20.00)  
(200 meters will be after the 800)

Athlete's Release: In consideration of your acceptance of my entry into the Kentucky USA Track & Field Indoor Championships, I voluntarily agree to participate in the Mason County Indoor Meets and knowingly assume any and all risk of loss, damage, property loss, injury (including death), both foreseen and unforeseen, of my attendance at and participation in the Mason County Indoor Meets from any cause whatsoever. I, for myself, my heirs, personal representatives and assigns do hereby release, waive, discharge and covenant not to sue USA Track & Field, Inc., the Kentucky USATF Association, Mason County High School, Kentucky Track & Cross Country Coaches Association and the Mason County Board of Education in which the Mason County Indoor Meets are held (collectively "Releases") from all liability, loss, claims, demands, possible causes of action, court costs, settlement costs and fees, attorneys fees and any other expenses arising from any claim or lawsuit that may arise from any loss, damage or injury (including death) to me or my property resulting from or arising in connection with, or related to, my attendance at or participation in the Championships. I/we grant permission to the Meet Directors or their designee or the assigned Chaperones of any USA Track & Field competition or program to act as guardian/spokesman with full authorization and power to authorize emergency medical treatment, including hospitalization and anesthesia, if medically necessary, for my/our son or daughter while in route to/from or at the site of the Mason County Indoor Meets, competition or program. I/we understand that should a health emergency arise, I/we will be notified but if/we cannot be reached by phone such medical treatment as is deemed necessary by medical personnel under the circumstances presented is hereby expressly authorized.

\_\_\_\_\_  
Signature - ATHLETE Signature -

\_\_\_\_\_  
PARENT / GUARDIAN

(Must be signed if athlete is under 18 years of age.)

Telephone: (\_\_\_\_\_) \_\_\_\_\_

List allergies and current medications: \_\_\_\_\_

NOTE- Entry fee \$20 per athlete pre-registered, \$25 race day fee. Masters & Open Entry Fee Discount \$70 for all four meets if paid in advance of the first meet. Mail to Mason County Track & Field c/o Mark Kachler  
179 Edgemont Dr Maysville, Ky 41056