

HORNET

TRACK & FIELD

2023 ESU HIGH SCHOOL RELAYS

Meet: ESU High School Relays

Site: Zola Witten Track | Francis G. Welch Stadium | Emporia | Kansas

Date: Friday, March 31

Teams: This meet is open to all high school teams.

Admission: Spectators will be charged \$5 per person. Ages six and under, free.

Entries: Entries will only be accepted through [directathletics.com](https://www.directathletics.com).

Entries will be accepted beginning Monday, March 6 and will close at 5:00 p.m. on Wednesday, March 29. Entries are limited to four per event and are final at the close of registration. When entering, please use marks achieved during the 2022 season only or realistic marks for athletes with no valid performances at this time. Relays must be from the 2022 season or a combination of your four competitors times from the current season. Any athlete on your entered roster can run on any relay.

Entry Fee: \$125 per team/gender. Please pay your entry fee via cash or check upon arrival under the east stands. Make checks payable to ESU Track and Field.

Meeting: There will be a coaches meeting in the Welch Stadium Theatre Box, located on the main concourse of the west side of the stadium, at 2:15 p.m. Additional scratches will be made at this time.

Camps: Team camps may be set up in either the east or west stands, or underneath the east stands. There will be no team camps on the football field.

EVENTS

Running: Please make all scratches as soon as possible for all events. To do this ahead of the meet, email Justin Hill, jhill11@emporia.edu. We appreciate you making these scratches as soon as possible. Athletes are responsible for checking their heat/lane assignments and for obtaining hip numbers.

Athletes will be permitted to warm up on the football field and may bring hurdles from the track to the field for warm-ups. Meet management asks that athletes return the hurdles to the spot they took them from when they are done using them.

Field: Field event athletes should check in with the official at the field event site **NO LATER THAN** 20 minutes before the event. Throwing implements will be inspected and weighed in under the east stands from 2:00–3:00 p.m. Please bring all implements at one time and make sure all implements are marked with the school name.

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- Facilities:** The Zola Witten Track is an A.T.G. Olympic polyurethane surface with eight 42” lanes. Jumping and javelin areas are all polyurethane. Throwing areas are concrete. Spikes must be 1/8” or 1/4” pyramids.
- Scoring:** All attached individual entries will have the ability to score. Only one relay per school will be scored. Finals will be held for field events only. Event scoring will be 10-8-6-5-4-3-2-1.
- Awards:** Event winners will receive a medal.
- Results:** Live results will be available at blacksquirreltiming.com. Results can also be attained at esuhornets.com at the conclusion of the meet.
- Trainers:** Athletic Training staff will be available during the meet to administer first aid. Please bring your own athletic tape and other necessary supplies. For any questions regarding treatment, contact Leigha Limbach at llimbach@emporia.edu or office, 620-341-6127.
- Entrance:** Teams can enter Francis G. Welch Stadium from either side, east or west. Busses can drop teams off and then proceed to the bus parking area. Spectators should enter the stadium via the main west entrances or the main gate closest to the field events.
- Parking:** Bus parking is available in the north lot next to the ESU Soccer Pitch and the ESU Student Recreation Center, off of Highland Street. Spectator parking is available on the west side of the stadium or next to the field events area.
- Questions:** For any other questions, contact Justin Hill at jhill11@emporia.edu or cell, 913-593-1346.

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TIME	EVENT	GENDER	LOCATION
FIELD EVENTS			
3:00 p.m.	Discus	Boys	South Cage
	Discus	Girls	South Cage
3:00 p.m.	Javelin	Girls	
	Javelin	Boys	
3:00 p.m.	Shot Put	Girls	East Ring
	Shot Put	Boys	West Ring
3:00 p.m.	High Jump	Girls	East Runway
	High Jump	Boys	West Runway
3:00 p.m.	Long Jump	Girls	East Runway
3:00 p.m.	Long Jump	Boys	West Runway
3:00 p.m.	Pole Vault	Girls	
	Pole Vault	Boys	
Following LJ	Triple Jump	Boys	West Runway
	Triple Jump	Girls	East Runway
TRACK EVENTS			
4:15 p.m.	4x800-Meter Relay	Girls	
	4x800-Meter Relay	Boys	
	2,000-Meter Steeplechase	Girls	
	2,000-Meter Steeplechase	Boys	
	100-Meter Hurdle	Girls	
	110-Meter Hurdle	Boys	
	100-Meter Dash	Girls	
	100-Meter Dash	Boys	
	1,600-Meter Run	Girls	
	1,600-Meter Run	Boys	
	4x100-Meter Relay	Girls	
	4x100-Meter Relay	Boys	
	400-Meter Dash	Girls	
	400-Meter Dash	Boys	
	300-Meter Hurdles	Girls	
	300-Meter Hurdles	Boys	
	800-Meter Run	Girls	
	800-Meter Run	Boys	
	200-Meter Dash	Girls	
	200-Meter Dash	Boys	
	Sprint Medley Relay	Girls	
	Sprint Medley Relay	Boys	
	3,200-Meter Run	Girls	
	3,200-Meter Run	Boys	
	4x400-Meter Relay	Girls	
	4x400-Meter Relay	Boys	

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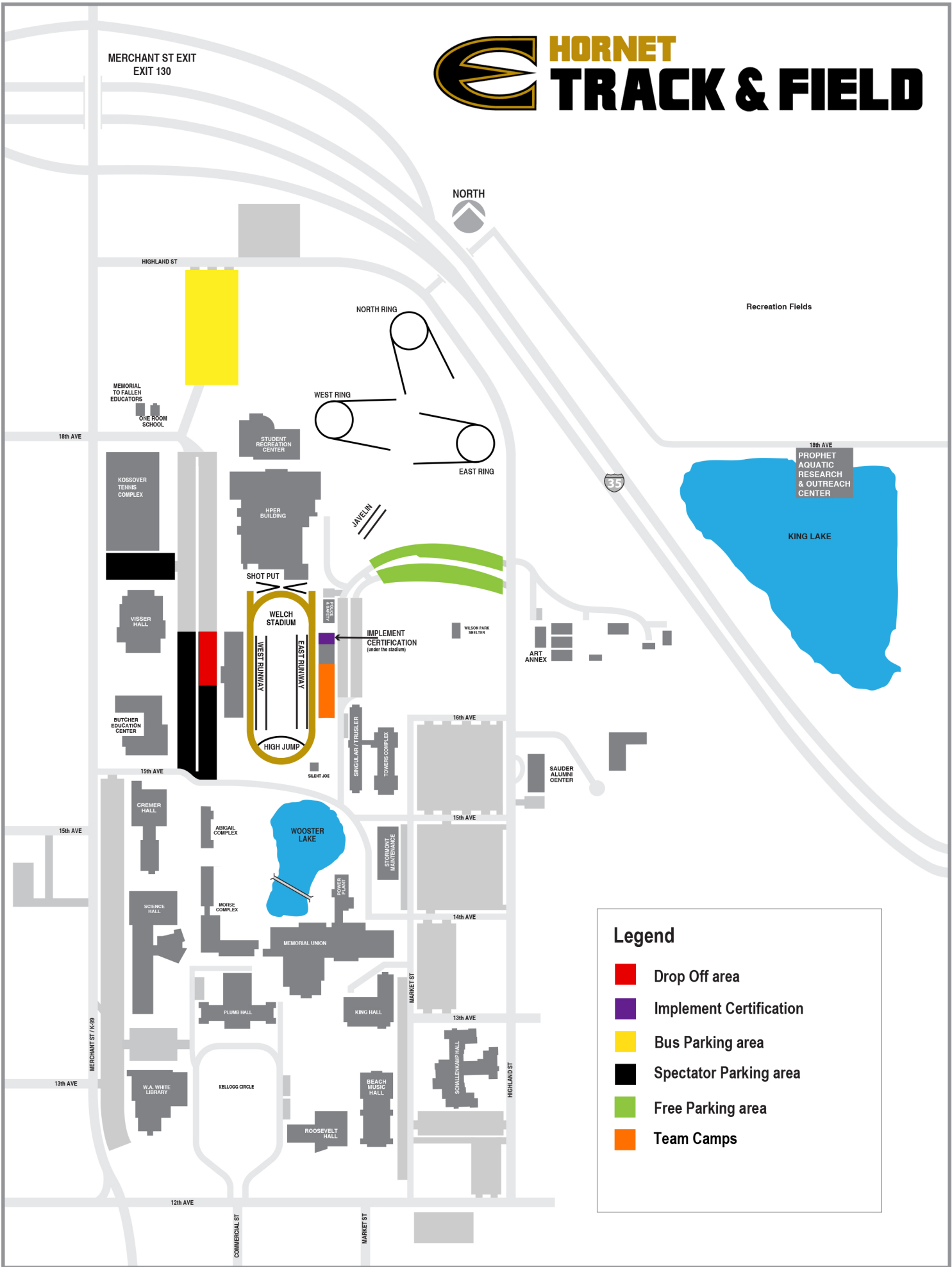
Emporia Restaurant and Hotel List Preferred vendors are listed first, bolded, and highlighted

FAST FOOD	PIZZA	FAMILY RESTAURANTS/CATERING
Freddy's Custard & Steakburgers	Gambino's Pizza	Bruff's Bar & Grill
1400 W 6th Ave 620-341-9009	1003 Industrial Rd 620-343-9114	2640 W 18th Ave 620-342-1223
Taco Bell	Pizza Ranch	Billy Sims Barbecue
1407 W 6th Ave 620-341-7990	300 W 18th Ave 620-343-8646	737 W 6th Ave 620-341-9919
2807 Eaglecrest Dr 620-342-8545	Little Caesars Pizza	ESU Dining Services (Sodexo)
Braum's Ice Cream & Burgers	1014 Commercial 620-343-5900	1 Kellogg Circle 620-341-5907
1028 W 6th Ave 620-343-2951	Pizza Hut	Radius Brewing Company
2120 Industrial 620-340-1080	2920 W 18th Ave 620-343-3756	610 Merchant St 620-208-4677
McDonald's	Domino's	Applebee's Grill & Bar
1202 W 6th Ave 620-342-9325	2326 Industrial Rd 620-341-9411	2901 Eaglecrest Dr 620-343-0000
2810 W 18th Ave 620-342-9444		El Lorito
Sonic Drive-In		2144 US-50 620-324-7547
1101 W 6th Ave 620-342-8875	SUBS/DELI	IHOP
Arby's	Subway	2831 W 18th Ave 620-412-9586
2711 W US-50 620-342-6322	1128 Merchant St 620-343-2907	Bobby D's Merchant St BBQ
Burger King	935 Industrial 620-343-7012	607 Merchant St 620-342-1990
2725 W 18th Ave 785-214-5705	Planet Sub	Casa Ramos
Spangles	2715 Candlewood 620-343-1660	707 Commercial 620-340-0640
2708 W 18th Ave 620-342-2888	Goodcents	Mi Chavelita Mexican Grill
KFC	1004 E 12th Ave 620-343-3100	1120 Commercial 620-208-8220
2613 Candlewood 620-343-9999	Jimmy John's	Do-B's Burgers & Philly's
Hardees	726 Commercial 620-342-0000	704 E 12th Ave 620-342-7294
1126 E 12th Ave 620-342-6166		Gourmet To-Go Catering
		620-208-4444
	HOTELS	
Comfort Inn & Suites	Gufler Mansion Bed & Breakfast	Super 8
2921 W 18th Ave 480-725-1625	612 W 12th Ave 970-582-0207	2913 W US-50 620-342-7567
La Quinta Inn & Suites	Hampton Inn	Knights Inn & Suites
2930 Eaglecrest 620-342-4445	2911 W 18th Ave 620-412-9040	3183 W US-50 620-342-7822
Mainstay Suites	Best Western	America's Best Inn
2602 Candlewood 620-343-7756	2836 W 18th Ave 480-386-9523	3181 W US-50 620-342-7820
Holiday Inn Express & Suites		Econo Lodge
3007 W 18th Ave 620-343-1111		2511 W 18th Ave 620-343-7750

HORNET **TRACK & FIELD**

MERCHANT ST EXIT
EXIT 130

NORTH



Recreation Fields

18th AVE
PROPHET AQUATIC RESEARCH & OUTREACH CENTER

KING LAKE

WELCH STADIUM
WEST RUNWAY
EAST RUNWAY
HIGH JUMP

IMPLEMENT CERTIFICATION (under the stadium)

Legend

- Drop Off area
- Implement Certification
- Bus Parking area
- Spectator Parking area
- Free Parking area
- Team Camps