2017 ZoZo JH Meet

April 4,2017

2:00 PM SCRATCH MEETING

**FIELD EVENTS**

2:30 PM SHOT PUT – GIRLS FOLLOWED BY BOYS

POLE VAULT – GIRLS FOLLOWED BY BOYS

(BOYS JUMP IN AT DESIRED HEIGHTS)

DISCUS – BOYS FOLLOWED BY GIRLS

HIGH JUMP – BOYS FOLLOWED BY GIRLS

LONG JUMP (OPEN PIT UNTIL 3:00)

TRIPLE JUMP (OPEN PIT UNTIL 3:00)

RUNNING EVENTS

3:30 PM GIRLS/BOYS 1600 M. RUN

GIRLS/BOYS 4X100 RELAY

GIRLS/BOYS 100/110 HURDLES

GIRLS/BOYS 100 M. DASH

GIRLS/BOYS 800 M RUN

GIRLS/BOYS 4X200 RELAY

GIRLS/BOYS 400 M. DASH

GIRLS/BOYS 300 HURDLES

GIRLS/BOYS MEDLEY RELAY

GIRLS/BOYS 200 N. DASH

GIRLS/BOYS 3200 M. RUN

GIRLS/BOYS 4X400 RELAY

**Note From Meet Director:**

**All entries will be done through** [**www.runnercard.com**](http://www.runnercard.com) **if you have trouble with website just give me a call and I will help you.**   
Entries are due at 8:00 p.m. Monday, April 3rd. Please enter times and distances in order for heating to be accurate. No entries will be accepted once the website has closed without approval of Trampus Pierson, Athletic Director. Coaches scratch meeting will be held at 2:00 p.m. at the football field weight room. Finals packets with results, ribbons will be available after the 4x400 relay is completed. Thanks to all of you for joining us for the 2017 Zozo JH meet.

Entries close Monday @ 8pm 2017 Zozo JH Relays

General Information

1. Scratch Meeting 2:00pm

2. Spikes ¼? or smaller to be used.

3. Starting blocks will be furnished.

4. NMAA Rules will be followed.

5. Use of Team Issued Uniforms Must be Used

6. Restrooms are located next to the concession stand indoors. ( Absolutely No Spikes indoors ).

7. GARBAGE: Please use dumpsters and keep respective areas clean. THANKS!

8. No Camps on the infield( use the stands on both sides of field).

9. Spectators and fans will be asked to stay in designated areas.

10. Running events will take precedence over field events. Make sure your athletes check in on time and report back to the field event ASAP.

11. Athletes may enter 4 events (no more than 3 running or 3 field events. No more than 2 running over 400m?s.

12. Pole vault and High jump: Each participant will be allowed 3 attempts at each height to successfully clear.

13. The Shot put, Discus, Long jump, and Triple jump will have 3 attempts and no finals.

14. All running events are finals only.

15. Each team is allowed 4 entries in field events and only 4 Entries in running events, Due to the large number of teams.

16. Hurdle height is 30? for 100H & 33 ? for 110H, and 30? for both the girls & boys 300H.

17. Pole Vault opening height is 6? for both boys and 5?6? girls.

High Jump opening height is 3?10? for girls and 4?6? for boys.

18. Scoring: Individual= 7-5-4-3-2-1

Relays=10-8-6-4-2-1