# NORTHEAST JR. HIGH DISTRICT TRACK MEET May 4, 2019

8:00 a.m. scratch meeting, events begin at 8:30 a.m.

**Host School: Arvada-Clearmont** 

Event Location: Buffalo High School Track, Buffalo, WY

**TEAMS:** Arvada-Clearmont, Big Horn, Holy Name,

Kaycee, Midwest, Tongue River

**ENTRIES:** Entries need to be entered on RunnerCard by **Thur. May 2 at 8:00pm** 

Event Title: 2019 NE District Meet (Enter correct times/distances.)

**Passcode: ACPANTHERS** 

**ENTRY FEES:** Entry fee for the District Track Meet will be \$100.00

CONCESSION

**STAND:** There will be no Concession stands available.

**FIELD** 

**ASSIGNMENTS:** Please be ready to help with, or provide workers to help with the

following field events.

Discus - Big Horn

Shot Put - Arvada-Clearmont

Triple Jump - Tongue River

Long Jump - Midwest

High Jump - Holy Name

Pole Vault - Kaycee

**BUSES:** Buses will drop athletes off in the east parking lot, or above the track on the south side by the High School.

**TIMES:** Scratch meeting will start at 8:00 a.m. in the shed on the northwest side of the track. Field events will start at 8:30 a.m. and running events will start at 9:30 a.m., or when field events are completed. No additions - switch and scratch only.

**ENTRIES:** Each school can only enter **3** athletes per event except for the exhibition

events. Athletes can only be entered in 4 events including relays.

1 relay team per school.

**SCORING:** Scoring will be as follows, per NE District Guidelines:

1<sup>st</sup>-6<sup>th</sup> place, with points awarded 10,8,6,4,2,1.

Individual events receive – Medals 1<sup>st</sup>-3<sup>rd</sup>, Ribbons 4<sup>th</sup>-6<sup>th</sup>
Relay team members receive – Medals 1<sup>st</sup>-2<sup>nd</sup>, Ribbons 3<sup>rd</sup>-4<sup>th</sup>

For the 100M Hurdles and 100M dash prelims, we will bring the top 6 fastest times for the finals.

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In the shot put, we will use a 4k shot for boys and 6 lb. for girls.

1 kilo discus used in discus. Implements will need to be weighed in prior to use. Weigh Ins will take place at the shed by the shot put area.

Jump & throw events will have 4 attempts with no finals. (throws 1, 1, 1, 1) High jump Girls start 3'10", Boys 4'0" Hurdle Heights

- 100M Hurdles - Boys - 33"

100M Hurdles - Girls - 30"

- 200M Hurdles - Boys - 30"

200M Hurdles - Girls - 30"

### **EVENT SCHEDULE**

#### **Field Events**

**8:30 a.m.** Boys Shot Put (Followed by Girls Shot Put)

Girls Discus (Followed by Boys Discus)

Boys Long Jump (Followed by Girls Long Jump)

Girls Triple Jump (Followed by Boys Triple Jump)

Girls High Jump (Followed by Boys High Jump)

Girls Pole Vault (Followed by Boys Pole Vault)

### **Running Events**

**9:30 a.m.** Girls will run each event first followed by the boys.

2400 Meter

100 Hurdles (Prelims) (Girls - 30", Boys - 33")

100 Meter Exhibition run only

100 Meter Dash (Prelims)

800 Sprint Medley Relay (1,1,2,4)

400 Meter Relay (4x100)

400 Meter Dash

200 Meter Hurdles (Girls & Boys - 30")

1600 Meter Run

100 Meter Hurdles-Final (Girls - 30", Boys - 33")

4 X 100 Meter Exhibition Relay Only

100 Meter Dash-Final

800 Meter Run

200 Meter Dash

1600 Meter Relay (4x400)

Presentation of 1<sup>st</sup> and 2<sup>nd</sup> place Team Trophies.