2019 BOYS AND GIRLS' TRACK
Order of Events

1. 75 m Low Hurdles	B and G	
2. 100m Dash	B and G	
3. 800m Relay	One Heat B and G	
4. 1600m Run	B and G*	**Pre-Season Order of Events Time Trials**
5. 400m Relay	B and G	
6. 400m Dash	B and G	Hurdles
		800
7. 800m Run	B and G	100
		400
8. 200m Dash	B and G	200
		1600
9. 1600m Relay	B and G*	

*Schools may enter up to 4 relay teams- only one scores- need not designate a #1 team.
*Only score the first three heats in every running event.
*<u>*Any athlete who competed in more than two high school track meets is ineligible to compete in the junior high conference meet.*</u>
***Quickest runners MUST run in first two heats of all sprints/hurdles**.
*Running events take priority over field events. Can run distance races in one heat.
*<u>All field events will run **from 3:45pm – 5:15pm**</u>
***ALL CONFERENCE MEETS NEED TO SEED HEATS BY TIME.**
*For a track meet no athlete can participate in more than 4 events, this also includes relay races. Those 4 events must be a combination of running and field events. No athlete can participate in 4 running events or 4 field events.
*High jump must move up 2" each jump.
*Only spikes allowed are ¼" pyramid spikes

Scoring- Two team meet: Individual * 5-3-1
Relay 5-0
Three team meet: Individual* 5-3-2-1
Relay 5-3
Four team meet: Individual * 6-4-3-2-1
Relay 6-4-2

<u>FIELD EVENTS</u>

<u>Shot Put</u> Boys 8lbs Girls 8lbs 3 throws
<u>Long Jump</u> Can also mark at 6 ft. Regular board is 7.5 ft.
<u>Discus</u> 3 throws (1k) **<u>Triple Jump</u>** 3 jumps **<u>Long Jump</u>** 3 jumps
<u>High Jump</u> – starting height *<u>Boys</u>* 7th gr 4'0" 8th gr 4'0"
<u>Girls</u> 7th gr 3'8" 8th gr 3'8"
<u>Triple Jump</u> Can also mark at 16 ft, and 20 ft.
<u>Hurdle spacing</u> - Boys and Girls: 13m to 1st, 8.5m between, 11m to finish (7 hurdles)