

Canadian Valley Conference

JH Track Meet

Date: Monday, April 18th, 2016

Place: Pauls Valley- Wacker Park

Time: Coaches Meeting 9:30 a.m. -- All Events 10:00 a.m.

Awards: Medals to top 5 places – No team champions or trophies

Cost: Conference will pay for medals

Teams may run more than three in an event but only three can medal from each school.

Field Events

Long Jump: **7G 7B JH G JH B**

High Jump: 7B 7G JHB JHG

Shot: 7B 7G JHB JHG

Disc: 7G 7B JHG JHB

Pole Vault G-B

LJ, SHOT, DISCUS 4 ATTEMPTS

Running Events, Timed Finals

*******7G 7B JHG JHB*******

400m Relay

3200m Relay

100m Hurdles

110m Hurdles

3200m Run (9th Boys)

800m Relay

800m Run

100m Dash

3200m Run (9th Girls)

400m Dash

300m Hurdles

200m Dash

1600m Run

1600m Relay

Field Events

Long Jump- Washington/Bethany *Please bring workers to

High Jump- Little Axe/Lindsay help run off your event. We

Shot- Bridge Creek/Newcastle will not have extra workers.

Disc- Blanchard/Tuttle/Kingfisher

Pole Vault- Marlow

Heating Benches - Pauls Valley/Purcell