

# Canadian Valley Conference

## JH Track Meet

**Date:** Monday, April 16th, 2018

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

High Jump: JHB 7B JHG 7G

Shot: 7B JHB 7G JHG

Disc: 7G JHG 7B 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 (9<sup>th</sup> Boys)

800m Relay

800m Run

100m Dash

3200m Run (9<sup>th</sup> Girls)

400m Dash

300m Hurdles

200m Dash

1600m Run

1600m Relay

### Field Events

Long Jump-Washington/Bethany \*Please bring workers to

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

Shot- Bridge Creek/Newcastle will not have extra

Disc- Blanchard/Tuttle workers.

Pole Vault- Marlow

**Heating Benches** – Chickasha/ Kingfisher