

Canadian Valley Conference

JH Track Meet

Date: Monday, April 15th, 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, top 3 in relays – 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 (JH Boys)

800m Relay

800m Run

100m Dash

3200m Run (JH Girls)

400m Dash

300m Hurdles

200m Dash

1600m Run

1600m Relay

Field Events

Long Jump- Washington/Bethany

High Jump- Lindsay/ Chickasha

Shot- Bridge Creek/Newcastle

Disc- Blanchard/Tuttle

Pole Vault- Marlow

Heating Benches – Purcell/ Kingfisher

*Please bring workers to help run off your event. We will not have extra workers.