

Canadian Valley Conference

JH Track Meet

Date: Monday, April 17th, 2023

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

Cost: Conference will pay for medals

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

ATTENTION COACHES: the On-line Entry DEADLINE is: **Sunday, April 16th @ 1pm.** (((The meet will be CLOSED at 1pm!)))

No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the “ENTRIES Window” – including the “Verification Step”. If the “Verification Step” is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - -
- Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara at: cara@runenduro.com

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

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

High Jump- Lindsay

Shot- Bridge Creek

Disc- Davis

Pole Vault- Marlow

Heating Benches – Purcell/Lexington

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

There must be a coach present at your field event at all times. Do not let kids run your event off.