

# Canadian Valley Conference

## JH Track Meet

**Date:** Monday, April 15<sup>th</sup>, 2024

**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.*

### 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

Discus- Comanche

Pole Vault- Marlow

\*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. \*

**Heating Benches** – Purcell (PV will help if needed)