

Canadian Valley Conference

JH Track Meet

Date: Monday, April 20th, 2026

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: \$75 per school to pay for the timing services.

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

ON-LINE ENTRIES-Coaches must submit all entries on the Athletic.net website: www.athletic.net — **NO ADDITIONAL ENTRIES AFTER THE DEADLINE.** — **ONLINE ENTRIES DEADLINE: Sunday, April 19th** at noon. **TEAMS WILL NOT BE ADDED AT THE MEET.** If you need help with your Athletic.net account, please email your questions to jhughes@elginps.net. **MEET TIMING & RESULTS**-Timing for the meet is provided by **12:1 Running Timing Services.** Live results are available at www.twelve1running.com and www.athletic.net.

Running Events, Timed Finals

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

400m Relay
3200m Relay
100m Hurdles
110m Hurdles
3200m Run (JHBoys)
800m Relay
800m Run
100m Dash
3200m Run (JHGirls)
400m Dash
300m Hurdles
200m Dash
1600m Run
1600m Relay

Field Events

Long Jump-Washington

High Jump- Lindsay

Shot- Chickasha

Discus- Bridge Creek

Pole Vault- Purcell at all times. Do not let kids run your event off. *

Heating Benches – Pauls Valley/Marlow

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

*There must be a coach present at your field event