

NEC Junior High Track Meet

Schedule of Events

(Rolling Schedule)

Track Events:

10:30

100 M – 110 M Hurdles

7&8 girls 30 inch-100 spacing

9th girls 33 inch-100 spacing

7&8 boys 33 inch-110 spacing

9th boys 39 inch-110 spacing

100 M Dash

800 M Relay

1600 M Run

400 M Relay

400 M Dash

800 M Medley Relay

195 M Hurdles (30 inch)

800 M Run

200 M Dash

1600 M Relay

Field Events: Events will be on rolling schedule, with the following start times and order of grade competition.

Girls LJ starts at 10:00, goes in this order: 7th—8th—9th

Girls Discus starts at 10:00, goes in this order: 8th—9th—7th

Boys TJ starts at 10:00, goes in this order: 9th—8th—7th

Boys HJ starts at 10:00, goes in this order: 7th—9th—8th

Boys Shot put starts at 10:00, goes in this order: 8th—7th—9th

Girls TJ starts at 1:00, goes in this order: 9th—8th—7th

Girls HJ starts at 1:00, goes in this order: 7th—9th—8th

Girls Shot put starts at 1:00, goes in this order: 8th—7th—9th

Boys LJ starts at 1:00, goes in this order: 7th—8th—9th

Boys Discus starts at 1:00, goes in this order: 9th—7th—8th

Clark-Willow Lake will provide the appropriate shot puts.

Shot Put:

6 lbs. – 7th and 8th Girls

4 kilo. – 7th, 8th Boys and 9th Girls

12 lbs. – 9th Boys

Discus:

1 kilo.- 7th Boys and Girls

- 8th Boys and Girls

- 9th Girls

1.6 kilo. - 9th Boys