

**NEC Junior High Track Meet-Monday, May 17-Swisher Field-Aberdeen**

**Schedule of Events**

**( Rolling Schedule)**

**Track Events:**

**10:30**

**100 M – 110 M Hurdles**

**7&8 girls 30 inch-100 spacing**

**9<sup>th</sup> girls 33 inch-100 spacing**

**7&8 boys 33 inch-110 spacing**

**9<sup>th</sup> 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: 7<sup>th</sup>—8<sup>th</sup>—9<sup>th</sup>**

**Girls Discus starts at 10:00, goes in this order: 8<sup>th</sup>—9<sup>th</sup>—7<sup>th</sup>**

**Boys TJ starts at 10:00, goes in this order: 9<sup>th</sup>—8<sup>th</sup>—7<sup>th</sup>**

**Boys HJ starts at 10:00, goes in this order: 7<sup>th</sup>—9<sup>th</sup>—8<sup>th</sup>**

**Boys Shot put starts at 10:00, goes in this order: 8<sup>th</sup>—7<sup>th</sup>—9<sup>th</sup>**

**Girls TJ starts at noon, goes in this order: 9<sup>th</sup>—8<sup>th</sup>—7<sup>th</sup>**

**Girls HJ starts at noon, goes in this order: 7<sup>th</sup>—9<sup>th</sup>—8<sup>th</sup>**

**Girls Shot put starts at noon, goes in this order: 8<sup>th</sup>—7<sup>th</sup>—9<sup>th</sup>**

**Boys LJ starts at noon, goes in this order: 7<sup>th</sup>—8<sup>th</sup>—9<sup>th</sup>**

**Boys Discus starts at noon, goes in this order: 9<sup>th</sup>—7<sup>th</sup>—8<sup>th</sup>**

**Girls Pole vault starts at 10:00, Boys Pole vault will start 20 minutes after girls completion; Grades will vault together and vaulters will be sorted out by grade as the bar rises.**

**Shot Put (Roncalli provides):**

**6 lbs. – 7<sup>th</sup> and 8<sup>th</sup> Girls**

**4 kilo. – 7<sup>th</sup>, 8<sup>th</sup> Boys and 9<sup>th</sup> Girls**

**12 lbs. – 9<sup>th</sup> Boys**

**Discus:**

**1 kilo.- 7<sup>th</sup> Boys and Girls**

**- 8<sup>th</sup> Boys and Girls**

**- 9<sup>th</sup> Girls**

**1.6 kilo. - 9<sup>th</sup> Boys**