

JEFFERSON COUNTY NORTH HIGH SCHOOL

UNIFIED SCHOOL DISTRICT 339 • NORTONVILLE – WINCHESTER
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Date: May 19, 2017

Starting Times: Field Events 3:00 PM: Running Preliminaries 5:00 PM

Surface Please use 1/4" spikes on the track and all runways. The shot rings are concrete. Javelin is grass.

Throwing/Jumping Three attempts in Preliminaries.
Eight will advance to finals with 3 more attempts in finals.
High Jump and Pole Vault will use the 5 alive method.
Boys Triple Jump- East end, North runway
Boys Long Jump- East end, Center runway
Girls Triple Jump- West end, South runway
Girls Long Jump- West end, Center runway
Boys High Jump- East pit- Starting Height 5' 4"
Girls High Jump- West pit- Starting Height 4' 4"
Boys Shot Put- North ring
Girls Shot Put- South ring
Boys Discus- West ring
Girls Discus- East ring
Girls Javelin followed by boys Javelin- North of Track
Boys Pole Vault (8' 6") then Girls Pole Vault (6' 6")

Since we only have one Javelin runway please encourage all Girl Javelin throwers to complete their throws before going to other events. High Jump and Pole Vault take precedence.

Order of running events beginning 5:00 PM

Finals only in Girls and Boys High Hurdles
100m Preliminaries, Girls then Boys
200m Preliminaries, Girls then Boys
4x800m Relay, Girls then Boys
30 minute break
100m Girls and 110m Boys Hurdles
100m Dash Girls followed by Boys 100m Dash
1600m Run Girls Followed by Boys 1600m Run
4 x 100m Relay Girls followed by Boys 4 x 100 Relay
400m Run Girls followed by 400m Run Boys
300m Hurdles Girls followed by Boys 300m Hurdles
800m Run Girls followed by Boys 800m run
200m Dash Girls followed by Boys 200m Dash
3200m Run Girls followed by Boys 3200m Run
4 x 400m Relay Girls followed by Boys 4 x 400 Relay

Special Notes:

Please encourage all Javelin throwers making finals to stay and complete before leaving for other events.

Triple Jump and Long Jump will begin concurrently. I would recommend perhaps long jumpers to compete in preliminaries in reverse order flights. Finals should follow the normal progression, but likely will not be concurrent.

Preliminaries in the 100m and 200m are all 2 heats. Since times are FAT I would suggest top 2 from each heat and next 4 fastest times, or 3 and 2?

The Mission of Jefferson County North High School is to enhance educational skills for students to become responsible, productive citizens and life-long learners.