

# RED CLOUD JUNIOR HIGH TRACK & FIELD MEET

May 10, 2016

Scratch meeting 12:15

Start the field events 1:00

Girls Shot followed by Boys Shot (4 trials only in the field events)  
Boys Discus followed by Girls Discus  
Girls High Jump followed by Boys High Jump  
Boys Long Jump followed by Boys Triple Jump (North runway)-jump with the wind  
Girls Long Jump followed by Girls Triple Jump (South runway)-jump with the wind

Start the running events: 3:00

1600m run  
Girls 100m low hurdles (30") spacing=27'10 3/4"  
Boys 100m hurdles (36") spacing=27'10 3/4" (the spacing is the same as the girls)  
100m dash  
800m medley (100-100-200-400 in that order)  
800m run  
200m dash  
400m dash  
200m hurdles (30" height for both girls and boys)  
400m relay  
1600 medley (400-200-200-800 in that order)

The meet should end at approximately 5:30ish

Work assignments: (We will have people to run the events, if you can supply the help).

Blue Hill	=girls long jump & girls triple jump (South runway)
Silver Lake	=boys long jump & boys triple jump (North runway)
Red Cloud	=girls and boys high jump
Law/Nel	=girls and boys shot put
Shelton	=girls and boys discus
All schools need to furnish a picker/timer	

Relay Exchanges Judges:

1st exchange 400m relays- Blue Hill  
2nd exchange 400m relays- Shelton  
3rd exchange 400m relays- Red Cloud  
  
1st exchange 800m medleys-Blue Hill  
2nd exchange 800m medleys-Red Cloud  
3rd exchange 800m medleys-Red Cloud

Schools Attending: Blue Hill, Franklin, Lawrence-Nelson, Silver Lake, Shelton, and Red Cloud.