

**SCJH Track Meet**  
**Smith Center, Kansas**  
**April 4, 2023**  
**3:30 p.m.**

Coaches: The Smith Center Junior High Invitational will be held on Tuesday, April 4, 2023. We will be using Milesplit.com for our entries. Your school should have a Milesplit account as these were used for High School Regional and State track last year.

1. Enter the "Smith Center Junior High Track Meet" on Milesplit.com.
2. **Make sure you enter 7th graders in division #2 and 8th graders in division #1.** If there are problems, email Darren Sasse - [darrens@usd237.com](mailto:darrens@usd237.com).

Coaches have until April 4<sup>th</sup> at 9:00 a.m. to enter athletes. **No additions or substitutions will be allowed at the meet.** Scratches can be made at the coaches meeting. Be sure to enter times and distances in order for your athletes to be placed in the proper heat. A coaches meeting will be held at 3:00 in the media room under the bleachers. Please bring your pole vault form and sportsmanship cards to this meeting.

The following information will be helpful to you.

- I. A. The runways and track are rubber, so athletes must use 1/4' or less spikes or rubber sole shoes.
- B. Girl's and boy's shot rings are concrete and are located east of the track.
- C. Girl's and boy's discus rings are concrete and located east of the track.
- D. The javelin runway is rubber and is located south of the track.
- E. We will furnish all starting blocks.
- F. Please dress at your school. Locker room facilities for teams will not be available.
- G. There are restrooms on the grounds, and there will be a concession stand. We request that athletes remove their spikes before entering our bleachers or restrooms.
- H. The girls and the 7<sup>th</sup> boys 100 m hurdles will be set at 30 inches and the 8<sup>th</sup> boys 100 m hurdles will be set at 33 inches.
- I. There will be one false start allowed per heat. Rules will be followed according to the Track and Field Rule Book.
- J. You may enter 3 per event.
- K. 200 M Hurdles starts at the 200 M start line and will use the last 5 hurdles of the 300 M hurdles for spacing.

- II. A. Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.  
Trophies will be given to the Champion in each division.
- B. Ties will be decided by a coin flip as soon after the event as possible. The medals will be ready to go home at the conclusion of the meet.
- C. Team points will be 10-8-6-4-2-1 for individual and relay events.
- III. A. There is an entry fee of \$110.00. **Online entries are due April 4 at 9:00 a.m..**

Please instruct your athletes to listen to our announcer and follow the order of events. We will not track down any athletes. After three calls, they will be scratched.

We would also ask that your athletes pick up their belongings and trash when they leave the track area and **PLEASE DO NOT LOUNGE ON THE JUMP PITS.**  
**Please remind your teams to stay outside the ropes and off of the football field.**

In case of inclement weather, we will contact you by 10:00 a.m. on the meet day. If there are any further questions, please contact me at 282-6609.

See you on the 4th!

Darren Sasse

## SCJH Track Meet

### Order of Events

#### 3:30 p.m.      Field Events

<b>Shot Put</b>	Girls	7	8	(North ring)	
	Boys	7	8	(South ring)	
<b>Discus</b>	Girls	8	7	(South ring)	
	Boys	8	7	(North ring)	
<b>Boys Long Jump</b>	8B	7B	<b>Boys Triple Jump</b>	8B	7B
<b>Girls Long Jump</b>	8G	7G	<b>Girls Triple Jump</b>	8G	7G
<b>High Jump</b>	Girls	7	8	(East pit)	
	Boys	7	8	(West pit)	
<b>Pole Vault</b>	7 <sup>th</sup> /8 <sup>th</sup> boys together			7 <sup>th</sup> /8 <sup>th</sup> girls together	
<b>Javelin</b>	8G	7G	8B	7B	

\*Send 8G here first so this event can get going first, all are on all-weather surface

<b>Starting Heights:</b>	<b>High Jump</b>	8B	4'2"	7B	3'10"
		8G	3'10"	7G	3'8"
	<b>Pole Vault</b>	8B	7'	7B	6'
		8G	6'	7G	5'6"

#### 4:30 p.m.      Running Events

<b>3200 M Run</b>	<b>7G and 7B</b>		<b>8G and 8B</b>	
<b>100 M Hurdles</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B (33")</b>
<b>100 M Dash</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>1600 M Run</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>400 M Relay</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>400 M Dash</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>800 M Relay</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>200 M Hurdles</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>800 M Run</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>200 M Dash</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>
<b>1600 M Relay</b>	<b>7G</b>	<b>7B</b>	<b>8G</b>	<b>8B</b>