

**2023 NCAA JH League Track Meet**  
**Sacred Heart High School & Kansas Wesleyan University**  
**Tuesday, May 9<sup>th</sup>, 2023**  
**Schedule of Events**

**Throwing Events Southeast of Sacred Heart HS, North of Albert St.**  
**All Other Events @ Kansas Wesleyan University**

**FIELD EVENTS:**

<b>2:00 pm</b>	<b>Pole Vault</b>	All 7 <sup>th</sup> /8 <sup>th</sup> Girls <b>AND</b> Boys will Pole Vault Together	
<b>2:30 pm</b>	<b>Girls Javelin</b>	(South Runway)	7 <sup>th</sup> Girls then 8 <sup>th</sup> Girls
<b>2:30 pm</b>	<b>Boys Javelin</b>	(North Runway)	8 <sup>th</sup> Boys then 7 <sup>th</sup> Boys
<b>3:00 pm</b>	<b>Girls Shot</b>	(West Ring)	7 <sup>th</sup> Girls then 8 <sup>th</sup> Girls
<b>3:00 pm</b>	<b>Boys Shot</b>	(East Ring)	8 <sup>th</sup> Boys then 7 <sup>th</sup> Boys
<b>3:00 pm</b>	<b>7<sup>th</sup> Discus</b>	(North Ring)	7 <sup>th</sup> Boys then 7 <sup>th</sup> Girls
<b>3:00 pm</b>	<b>8<sup>th</sup> Discus</b>	(South Ring)	8 <sup>th</sup> Girls then 8 <sup>th</sup> Boys
<b>3:00 pm</b>	<b>High Jump</b>	(South Pit)	8 <sup>th</sup> Girls, 8 <sup>th</sup> Boys, 7 <sup>th</sup> Girls, 7 <sup>th</sup> Boys
<b>3:00 pm</b>	<b>Girls LJ</b>	(North Pit)	7 <sup>th</sup> Girls then 8 <sup>th</sup> Girls
<b>3:00 pm</b>	<b>Boys LJ</b>	(South Pit)	8 <sup>th</sup> Boys then 7 <sup>th</sup> Boys
<b>After LJ</b>	<b>Girls TJ</b>	(North Pit)	7 <sup>th</sup> Girls then 8 <sup>th</sup> Girls
	<b>Boys TJ</b>	(South Pit)	7 <sup>th</sup> Boys then 8 <sup>th</sup> Boys

**RUNNING EVENTS:**

<b>4:15 pm</b>	3200 M Run	7G/8G, 7B/8B	(3200 M 7 <sup>th</sup> /8 <sup>th</sup> Combined)
	100 M Hurdles	7G, 7B, 8G, 8B	(8B 33", All others 30")
	100 M Dash	7G, 7B, 8G, 8B	
	1600 M Run	7G, 7B, 8G, 8B	
	4 x 100 M Relay	7G, 7B, 8G, 8B	
	400 M Dash	7G, 7B, 8G, 8B	
	4 x 200 M Relay	7G, 7B, 8G, 8B	
	800 M Run	7G, 7B, 8G, 8B	
	200 M Hurdles	7G, 7B, 8G, 8B	
	200 M Dash	7G, 7B, 8G, 8B	
	4 x 400 M Relay	7G, 7B, 8G, 8B	

**NOTE:** **SHUTTLE BUSES:** Beginning @ 2:00 p.m.--SHHS Buses will shuttle athletes, coaches, and spectators to/from the KWU Track to the Throwing areas @ SHHS. Pick up/drop off @ the Track will be @ the NW corner on Claflin St. Pick up/drop off @ SHHS will be near the Discus cage on Albert St.

**Parking:** Sacred Heart/St. Mary's Parking Lots

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**Tuesday, May 9<sup>th</sup>, 2023 – 2:00 pm**

Throwing Events are Southeast of Sacred Heart HS, North of Albert St., All Other Events @ KWU

**Teams:** Beloit, Ellsworth, Minneapolis, Republic Co., Sacred Heart, Southeast of Saline

**Coaches Meeting:** 2:00 pm Under the Stadium  
**Pole Vault:** **Pole Vault—All Divisions @ 2:00 pm**  
**Javelin:** **Javelin @ 2:30 pm**  
**Field Events:** All other Field Events @ 3:00 pm  
**Running Events:** 4:15 pm

**Entries:** Due by 6:00 p.m., on Monday, May 8<sup>th</sup>, 2023  
Enter up to **4 Per Event** (only 3 can place), 1 Relay, 4 Events max per Athlete  
LINK to ENTER: <https://www.athletic.net/Help/Track.aspx?Meet=508594>

**Bus Parking:** Drop Teams off @ NW Entry to the KWU Track on Claflin St.  
Buses Park West of Sacred Heart HS, Parking Lot near the Batting Cages

**Awards:** Scoring 10-8-6-4-2-1 in each event  
Medals to top 3 in each event

**Events:** All Events will Be Finals  
All Races will Be Run Against Time  
Competitors in Field Events will have **3 Attempts**

**Spectator Parking:** South of Cloud Street in St. Mary's Parking Lot or In Front of or Behind SHHS

**Hospitality Room:** Hospitality Room for Coaches and Administrators under the stadium.

**Concessions:** Available on the west side of the Stadium

**Facility:** Rubberized Track and Jumping Areas (1/4" Spikes or Shorter)  
Cement Shot and Discus Rings  
Grass Javelin Runways

**Football Field:** Only Coaches and Athletes Allowed on the Football Infield  
NO Gum, Candy, or Sunflower Seeds on The Turf  
No Food or Drinks on the Turf—WATER ONLY  
Spectators should be in the stands or outside of the Track

**Team Camps:** Team Camps may be in the Stadium or North of The Stadium  
No Team Camps allowed **ANYWHERE** on the Turf.

**Entry Fee:** \$120.00 per School

**Starter:** Steve Rivers

**Contact:** Bryce Woodall  
Arnold Schmidtberger