

# **I-70 Conference Track Meet**

***Saturday - April 29 - 2023***

***Sweet Springs High School***

**8:30 AM** Coaches Meeting in Press Box - Scratch Only Meeting

**9:00 AM** Field Events Begin

**10:30 AM** Running Events Begin

## **Field Event Schedule - Begin at 9am**

Each school who is assigned an event is expected to bring the following:

- 3 qualified people to run off the event, preferably not parents of competitors in that event.
- tape measures of appropriate length to run off your event.

## **Throws**

- HS competitors will get 4 throws.
- JH competitors will get 3 throws.
- Will be conducted in flights.
- Consecutive throws will not be allowed, unless judge deems necessary.
- Measure to lesser centimeter

### **SHOT PUT - Santa Fe**

**HS Girls**

**HS Boys**

*JH Girls*

*JH Boys*

### **DISCUS - Concordia**

*JH Girls*

*JH Boys*

**HS Girls**

**HS Boys**

### **JAVELIN - Crest Ridge**

**HS Boys**

**HS Girls**

## **Horizontal Jumps**

- HS competitors will get 4 jumps.
- JH competitors will get 3 jumps.
- Will be cafeteria style.
- Athletes will have 1 hour to complete.
- Measure to lesser centimeter

### **LONG JUMP - St. Paul**

**HS Boys**

**HS Girls**

*JH Boys*

*JH Girls*

### **TRIPLE JUMP - Orrick**

*JH Boys*

*JH Girls*

**HS Boys**

**HS Girls**

## **Vertical Jumps**

- Competitors will get 3 jumps at each height.
- Will be conducted as "5 active"
- Bar will be raised and lowered during the event.
- Opening Height will be determined by Games Committee
- HJ increase by 5 cm
- PV increase by 15 cm

### **HIGH JUMP - Lone Jack**

**HS Girls**

**HS Boys**

*JH Girls*

*JH Boys*

## **Running Events Schedule - Begin at 10:30am**

**HS Girls 4X800**

*JH Girls 400 m Dash*

**HS Boys 4X800**

*JH Boys 400 m Dash*

*JH Girls 100 m Hurdles*

**HS Girls 400 m Dash**

*JH Boys 100 m Hurdles*

**HS Boys 400 m Dash**

**HS Girls 100 m Hurdles**

**HS Girls 300 m Hurdles**

**HS Boys 110 m Hurdles**

**HS Boys 300 m Hurdles**

*JH Girls 100 m Dash*

*JH Girls 800 m Run*

*JH Boys 100 m Dash*

*JH Boys 800 m Run*

**HS Girls 100 m Dash**

**HS Girls 800 m Run**

**HS Boys 100 m Dash**

**HS Boys 800 m Run**

*JH Girls 4X200*

*JH Girls 200 m Run*

*JH Boys 4X200*

*JH Boys 200 m Run*

**HS Girls 4X200**

**HS Girls 200 m Run**

**HS Boys 4X200**

**HS Boys 200 m Run**

*JH Girls 1600 m Run*

**HS Girls 3200 m Run**

*JH Boys 1600 m Run*

*JH Girls 4X400*

**HS Girls 1600 m Run**

*JH Boys 4X400*

**HS Boys 1600 m Run**

**HS Boys 3200 m Run**

*JH Girls 4X100*

**HS Girls 4X400**

*JH Boys 4X100*

**HS Boys 4X400**

**HS Girls 4X100**

**HS Boys 4X100**

# **Other Workers Assignments**

**Starter - Dean Hays, Andy Frerking**

**Manager - Andy Frerking**

**Games Committee / Jury of Appeals / Exchanges / Cut-Line**

Orrick, Crest Ridge, Well - Nap

**Hy-Tek - Bill Hughes (W-N)**

**Timers - Each School Provides 1**

**Bullpin - Sweet Springs**

**Finish Line Judge - Michelle McKown (W - N)**

**Concessions - Sweet Springs**

**Gate / Medals / Announcer / Runners - Sweet Springs**

***PV - SS / StP / WN***

**HS Girls**

**HS Boys**



