**Nemaha Central High School Dual Meet**

**Meet Information Sheet**

**Tuesday, May 3, 2022**

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| Participating Schools | * Washington County * Rock Creek * Riverside * Sabetha * Marysville * Jackson Heights * Royal Valley * Axtell * Flint Hill Christian * Valley Heights * Doniphan West * Nemaha Central |
| Starting Times | * Pole Vault:  3:00 * All other Field Events:  3:30 p.m. * Running Finals: 5:30 p.m. |
| Scoring: | * 10-8-6-4-2-1 |
| Rings | * Cement Rings * Javelin runway is grass |
| Field Events: | * Varsity:  Limited to 4 attempts with each attempt to be measured * Junior Varsity:  Limited to 3 attempts with each attempt to be measure   Pole Vault/High Jump starting height will be determined prior to meet |
| Concession Stand | * A concession stand will be available |
| # of Entries | * Field Events-(3) per field event * Running Events- (3) per running event * Relays-(1) one per relay * (Junior Varsity participants can run on varsity relays) |
| Awards: | Medals   * Top 3 finishers in individual events * Top 3 finishers in relay events |
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***ORDER OF EVENTS***:

Junior Varsity Girls, Varsity Girls, Junior Varsity Boys, Varsity Boys.

All field events except high jump and pole vault will be conducted as separate competitions for Junior Varsity and Varsity but will be conducted simultaneously.

**Track schedule (no prelims)**:

5:30 4 X 800 Combined (JV and Varsity in one race)

High hurdles

100

1600 Combined (JV and Varsity in one race)

4 X 100 Combined (JV and Varsity in one race depending on entries)

400

300 hurdles

800 Combined (JV and Varsity in one race)

200

3200 Combined (JV and Varsity in one race)

4 X 400 Combined (JV and Varsity in one race depending on entries)

**Field Events**:

3:00 pm Pole vault – boys followed by girls

(Starting heights will be determined after the entries are received)

3:30 pm   **Varsity 4 jumps – throws (no finals); JV 3 jumps – throws (no finals)**

Discus- 2 rings (boys east; girls west) Varsity followed by JV.

Javelin- 2 throwing areas (boys south; girls north) Varsity followed by JV.

Shot put- two rings (JV followed by Varsity).

Long jump (north pit) - JV & Varsity boys followed by JV & Varsity girls (f/s first)

Triple jump (south pit) - JV & Varsity girls followed by JV & Varsity boys (f/s first)

High jump: girls followed by boys