

LCC JUNIOR HIGH TRACK MEET

Wednesday, April 17, 2024

FIELD EVENTS

Please provide helpers and measuring tapes

BOYS

Shot Put-Wakefield

Discus-Wayne

Long Jump-Tri County NE

Triple Jump-Hartington-Newcastle

High Jump-Wynot

GIRLS

Shot Put-Winside

Discus-Osmond

Long Jump-Tri County NE

Triple Jump-Hartington-Newcastle

High Jump-Wynot

TIMERS & PICKERS (if needed)

1st-Tri County NE

2nd-Winside

3rd-Wynot

4th-Hartington-Newcastle

5th-Wayne

6th-Osmond

7th-Stanton

8th-Wakefield

HURDLE SETTERS

1st & 2nd Flight-H-N, LCC

3rd & 4th Flight-Wayne, LCC

5th & 6th Flight-Tri County NE, LCC

7th & 8th Flight-Winside, LCC

9th & 10th Flight-Osmond, LCC

EXCHANGE JUDGES 4X100

1st Exchange-LCC, Wayne

2nd Exchange-Tri County NE, Winside

3rd Exchange-H-N, Wynot

LCC JUNIOR HIGH TRACK MEET
ORDER OF EVENTS

(ALL TIMES ARE APPROXIMATE)

8:30 COACHES MEETING

9:00 FIELD EVENTS

GIRLS SHOT PUT followed by BOYS SHOT PUT
BOYS HIGH JUMP followed by GIRLS HIGH JUMP
BOYS TRIPLE JUMP followed by BOYS LONG JUMP
GIRLS LONG JUMP followed by GIRLS TRIPLE JUMP
BOYS DISCUS followed by GIRLS DISCUS

11:30 RUNNING EVENTS (time may be adjusted based on conclusion of field events)

100M HURDLES (Girls followed by Boys)
100M DASH (Girls followed by Boys)
1200M RUN (Girls followed by Boys)
400M RELAY (Girls followed by Boys)
400M DASH (Girls followed by Boys)
195M HURDLES (Girls followed by Boys)
200M DASH (Girls followed by Boys)
800M RUN (Girls followed by Boys)
1600M RELAY (Girls followed by Boys)

- **SCHOOLS PARTICIPATING:** Hartington-Newcastle, LCC, Winside, Tri County Northeast, Wayne, Wynot, Osmond, Stanton, Wakefield
- **ENTRIES: All entries done online. Entry fee-\$150. Entries will close at 9:00 pm on April 16th. Your entries are your responsibility and will only appear if you enter and save them. Please read and follow the directions carefully. Enter your roster and entries on the Bound login. All teams should be added to the meet. If you cannot see the LCC JH Invite on your schedule, please let me know.**
- You are able to make changes online until 9:00 pm on Tuesday, April 16. If you have any scratches/adds, please **TRY TO MAKE THOSE PRIOR TO 9:00PM ONLINE TUESDAY.**
- **We are planning on using our FinishLynx F.A.T. system. We will only need timers and pickers if something is wrong with the system.**
- Please park buses on the North Side of the track, parallel to the fence if possible.
- No dressing facilities will be provided. A concession stand will be available.
- Only track spikes of 1/8 " or less will be allowed
- **Participation:**
 - Three participants from each school team per event are allowed. This is a 7th and 8th combined meet. If you wish to split your team into two separate teams for participation numbers etc, please enter them separately online. (ex: LCC Black or LCC Orange, LCC 8th or LCC 7th)
 - Please send an additional \$40 fee if you do choose to split your team.
 - Athletes will not be able to crossover between teams.
 - Participants may only compete in **FOUR** events.
- **Field Events:**

Each participant will have 4 attempts (throws and horizontal jumps). ALL FINALS
- **Hurdles:**

100m-10 hurdles at 30" for girls and 33" for boys
195m-5 hurdles at 30" for girls and 33" for boys
- No tape on runways or track. Chalk will be available. The high jump starting heights will be determined at the coaches meeting.
- The scoring will be 10-8-6-4-2-1. Medals will be awarded for places 1-6 in all events. All awards and results can be picked up at the end of the meet.
- At the conclusion of the meet, please advise your team to pick up trash from your prospective areas.
- We look forward to hosting the meet!
- Any questions about meet entries, email Nate Sims at nate.sims@lccschool.org