

EPJ JH TRACK QUAD – APRIL 7th, 2017-----4:00 PM

Teams: Beresford, Elk Point - Jefferson, Akron-Westfield, Vermillion

Entries: We will use the label system for running events and relays. Please have labels for each participant and event. Field events must sign in upon arrival. Running Events: unlimited. Relay teams: 2 per school, Field events: unlimited. Each athlete may compete in any 4 events.

Time: Field events start at 4:00 pm
Running events start at 4:30 pm

Running Events: Girls 1600 M Run
Boys 1600 M Run
Girls 100 M Hurdles
Boys 110 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 4 x 200 Relay
Boys 4 x 200 Relay
Girls 400 M Dash
Boys 400 M Dash
Girls 4 x 100 Relay
Boys 4 x 100 Relay
Girls 800 M Run
Boys 800 M Run
Girls 200 M Run
Boys 200 M Run
Girls 4 x 400 Relay
Boys 4 x 400 Relay

Field Events: Three attempts. All events finals.

Boys High Jump (followed by Girls High Jump) – Jump together place by Grade.

Girls Long Jump (followed by Boys Long Jump) – 7th first then 8th grade

Boys Discus (followed by Girls Discus) – 7th first then 8th grade

Girls Shot Put (followed by Boys Shot) -7th first then 8th grade

Labels:

Participants Name	
School	
Event	Grade

School
Relay
Grade

