

# CRC JR. HIGH TRACK MEET

Note: Date change from  
Red Book Calendar &  
Newsletter April Calendar

FRIDAY, APRIL 29, 2016

9:00 A.M.

## Cross County High School Track



BDS  
CROSS COUNTY  
DORCHESTER  
EAST BUTLER  
EXETER-MILLIGAN  
GILTNER  
HAMPTON  
HIGH PLAINS  
MCCOOL JCT.  
MERIDIAN  
OSCEOLA  
SHELBY/RISING CITY

# Crossroads Conference Junior High Track Championships

Friday, APRIL 29, 2016

Cross County High School Track Facility

## ORDER OF EVENTS

**8:15 AM** Scratch and add meeting for all coaches in the **Press Box** . (Please be on time)

**9:00 AM** Field events, run through conclusion.

<u>1st</u>	--followed by--	<u>2nd</u>
Boys Shot (4 kg)		Girls Shot (6 lb.)
Girls High Jump		Boys High Jump
Girls Discus		Boys Discus
Girls Long Jump (Middle)		Boys Long Jump (East or West)
Boys Triple Jump (East or West)		Girls Triple Jump (Middle)
Boys Pole Vault		Girls Pole Vault

**12:00 PM** Track Events: Morning program: all preliminaries except 400 Meter Dash and 1200 Meter Run. Girls events run first.

100 Meter Low Hurdles (30") – Girls  
100 Meter Intermediate Hurdles (33") – Boys  
100 Meter Dash  
400 Meter Dash  
1200 Meter Run  
200 Meter Dash

**NOON BREAK** (at least 35 minutes)

**2:00 PM** Track Events: Afternoon Program – Finals  
100 Meter Low Hurdles (30") – Girls  
100 Meter Intermediate Hurdles (33") – Boys  
100 Meter Dash  
800 Meter Dash  
200 Meter Low Hurdles (30")  
200 Meter Dash

**10 MINUTE BREAK**  
400 Meter Relay  
1600 Meter Relay

## CRC JUNIOR HIGH TRACK RECORDS

### BOYS

<u>EVENT</u>	<u>NAME &amp; SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100 Inter. Hurdles	Austin Peters-Hampton	14.6	2006
100 Meter Dash	Garrett Reckling-Dorchester	11.7	2004
200 Meter Dash	Garrett Reckling-Dorchester	24.1	2004
<b>200 Meter Low Hur.</b>	<b>Houser-Meridian</b>	<b>27.9</b>	<b>2002</b>
400 Meter Dash	Skyler Fricke-Friend	54.2	1999
800 Meter Dash	Skyler Fricke-Friend	2:07.3	1999
<b>1200 Meter Dash</b>	<b>Brandon Jackson-Meridian</b>	<b>3:38.7</b>	<b>2011</b>
400 Meter Relay	Shelby-Rising City	48.7	2015
<b>1600 Meter Relay</b>	<b>Meridian</b>	<b>3:56.5</b>	<b>2011</b>
Shot Put	Matthew Pekarek-High Plains	47'3"	2012
Discus	TJ Slezak-Fairmont	143'	1992
High Jump	Shawn Shoup-Polk-Hordville	5'8"	1990
Long Jump	Dwayne Wall-Hampton	19'5.25"	2005
Pole Vault	Karson Novacek-Shickley	11'7"	2009
Triple Jump	Dwayne Wall-Hampton	39'8.75"	2005

### RECENT PAST CHAMPIONS

<u>YEAR</u>	<u>FIRST</u>	<u>SECOND</u>	<u>THIRD</u>
2015	115 Shelby-Rising City	98 Cross County	54 Exeter-Milligan
2014	92 BDS	85 Osceola	81 Shelby-Rising City
2013	91 BDS	72.5 Cross County	66 McCool Jct
2012	89 High Plains	83 BDS	65 Shelby-Rising City
2011	<b>104 Meridian</b>	97 High Plains	67 Exeter-Milligan
2010	86 Exeter-Milligan	(Tie) 75 High Plains & McCool Jct	
2009	135 McCool Jct	74 Giltner	72 High Plains
2008	124 Giltner	86 Hampton	55 Exeter-Milligan
2007	105.5 High Plains	98 Hampton	91 Giltner
2006	95 Giltner	86.5 Exeter-Milligan	85 Hampton
2005	96 Hampton	78 Dorchester	68 Giltner
2004	118 High Plains	81 Dorchester	62 Hampton
2003	108 Clay Center	96 High Plains	91 Dorchester
2002	75 Friend	<b>73 Meridian</b>	72 Clay Center
2001	97 High Plains	<b>78 Meridian</b>	66 Friend
2000	83 Polk-Hordville	82.67 McCool Jct.	74 Friend
1999	125 Friend	63 McCool Jct.	52 Polk-Hordville
1998	88 Friend	81 McCool Jct.	52 Exeter
1997	79 Dorchester	78 McCool Jct.	64 Friend
1996	95 Polk-Hordville	89 Dorchester	61 Fairmont
1995	99 Friend	98.75 Exeter	66.75 Hampton
1994	88 Friend	82 Exeter	59 Polk-Hordville
1993	110 McCool Jct.	109 Dorchester	85 Friend
1992	72 Polk-Hordville	67 Fairmont	65.5 Benedict
1991	109 Giltner	68 Exeter	66 Polk-Hordville
1990	111 Exeter	91 Hampton	63 Giltner
1989	93 Giltner	77 McCool Jct.	73 Exeter
1988	150 Polk-Hordville	81 Giltner	70 Exeter
1987	86 Polk	72 McCool Jct.	66 Bradshaw
1986	109 Polk	100 Hampton	76 Exeter
1985	79 McCool Jct.	77 Polk	75 Fairmont
1984	101 Exeter	70 Polk	66 McCool Jct.
1983	86 McCool Jct.	70 Polk	60 Fairmont

# CRC JUNIOR HIGH TRACK RECORDS

## GIRLS

<u>EVENT</u>	<u>NAME &amp; SCHOOL</u>	<u>RECORD</u>	<u>YEAR</u>
100 Meter Low Hurdles	Katherine White - Exeter-Milligan	16.4	2015
100 Meter Dash	Molly Reynolds-McCool Jct	12.8	1992
	Randi Janzen-Giltner	12.8	2009
200 Meter Dash	Molly Reynolds-McCool Jct	26.9	1992
200 Meter Low Hurdles	Katherine White - Exeter-Milligan	30.9	2015
400 Meter Dash	Mindi Sealey-Polk-Hordville	1:01.5	1991
800 Meter Run	Brooklyn Swantek-McCool Jct	2:33.5	2009
1200 Meter Run	Brooklyn Swantek-McCool Jct	4:04.0	2009
400 Meter Relay	Giltner	54.3	2014
1600 Meter Relay	Giltner	4:30.0	2015
Shot Put (6 lb)	Kelbie Lyon-Giltner	40'4"	2011
Discus	Mary Ekeler-Exeter	104'7"	1996
High Jump	Samantha Hays-Osceola	5'2"	2014
Long Jump	Jordan Hansen-Giltner	16'0"	2014
Triple Jump	Madison VanHousen-Hampton	33'1"	2013
Pole Vault	Catherine Mick-BDS	10'0"	2012

## RECENT PAST CHAMPIONS

<u>YEAR</u>	<u>FIRST</u>	<u>SECOND</u>	<u>THIRD</u>
2015	110 Giltner	90 Exeter-Milligan	48 Hampton
2014	108 Giltner	65 BDS	62.5 Meridian
2013	77.5 High Plains	64 Giltner	62 Hampton
2012	99 BDS	96 Osceola	71 Hampton
2011	110 Exeter-Milligan	108 BDS	49 High Plains
2010	141 BDS	83 Giltner	64 Shelby
2009	87 Giltner	83 McCool Jct	80 Exeter-Milligan
2008	121 Exeter-Milligan	87 Meridian	85 High Plains
2007	148 Exeter-Milligan	112 Meridian	63 High Plains
2006	104 Exeter-Milligan	76 High Plains	59 Meridian
2005	151 Exeter-Milligan	70 Giltner	61 Clay Center
2004	127 McCool Jct	107 Exeter/Milligan	46 Giltner
2003	135 Exeter-Milligan	113 High Plains	51 Shickley
2002	90 Exeter	71 High Plains	65 Rising City
2001	58 Milligan	47 Giltner	44.5 Meridian
2000	114 McCool Jct.	73 Hampton	57 Polk-Hordville
1999	87 McCool Jct.	62 (TIE) Polk-Hordville & Friend	
1998	115 Polk-Hordville	75 Hampton	68 Dorchester
1997	105 Hampton	79 McCool Jct.	68.5 Polk-Hordville
1996	99 Dorchester	76 Hampton	71 Polk-Hordville
1995	97 Exeter	75 Dorchester	73 Hampton
1994	119.5 Polk-Hordville	74 McCool Jct.	69.5 Exeter
1993	88 Polk-Hordville	70 Dorchester	47 Friend
1992	84 McCool Jct.	81 Friend	71 Giltner
1991	95 Hampton	65 Polk-Hordville	45 Giltner
1990	118 Polk-Hordville	64 Marquette	63 Hampton
1989	100 Benedict	72 Polk-Hordville	56 Exeter/McCool Jct
1988	73 Hampton	71 Benedict	68 McCool Jct.
1987	72 Fairmont	64 Hampton	62 Marquette
1986	90 Exeter	66.5 Polk	58 Fairmont
1985	80 Exeter	65 Fairmont	61 Polk
1984	89 Exeter	59 Polk	44 Marquette
1983	98 Giltner	68 Monroe	