

CRC JR. HIGH TRACK MEET

FRIDAY, APRIL 26, 2019

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**

CRC JUNIOR HIGH TRACK MEET INFORMATION

Date, site and time. FRIDAY APRIL 26, 2019 at Cross County High School. A scratch and add meeting will be held in the Press Box at the Football Field at 8:15 a.m. The rain date is Tuesday April 30. Awards presentation at conclusion of meet in front of bleachers.

Adds and Scratches. The addition of a participant in any event may be permitted in cases where the participant is already entered in the meet and in case no additional heat is required. In case the participant is not already entered, the director may use his own discretion as to whether the entry should be allowed.

→ **Entries.** Entries will be made **online** @ (<https://www.vbmeets.com/29805>)
DUE ON TUESDAY APRIL 23.

Field Events. The first field events will begin promptly at 9:00 a.m. The events judges will measure each legal attempt in the long jump, triple jump, discus, and shot. If you are in charge of an event, bring helpers, measuring tapes, etc. Check your rulebook and make sure you know the rules for your assigned event. Starting heights for the high jump and pole vault will be determined from entries and weather conditions of the day.

Approved Rulings. The CRC meet will be conducted according to the National Federation Track and Field Rules, and the rulings of the NSAA for district and state competition. Cross County Track policy requires the use of one-eighth inch pyramid spikes.

Sportsmanship. "Good Sportsmanship" is the quality of character that strives to be courteous, fair, and respectful to others. A school's quality of sportsmanship is evaluated by others on the basis of the conduct of that school's players, spectators, coaches and school authorities. (CRC Constitution, page 22). Courteous requires officials to prevent violations before they happen when possible. A formal warning to all athletes when they officially check-in should suffice in preventing an athlete from being disqualified for swearing, taunting, or acting disrespectful towards an official.

Parking. Please park school vehicles in the Northwest lot and to the north and west end of the facility. Please have your driver stay to the FAR Northwest end of the lot as near to the trees as possible.

Camp Areas: All camp areas are required to be outside of the track area, and must stay directly north of the press box and as close to the north and west fence as possible. **DO NOT ALLOW CAMPS UNDER THE BLEACHERS.** Please check and clean up your camp area at the conclusion of the meet.

Cross County Facility Policy.

- a. The track is an all-weather track with 8 lanes. Wear 1/8 inch pyramid spikes only.
- b. Use tape or chalk for markings on track, runways, or approaches.
- c. No students are allowed in the school. Restrooms are located on the north side of the field house. Dressing rooms are not available.
- d. Starting blocks, hurdles, standards, rakes, and crossbars are furnished.
- e. The shot put and discus platforms are cement; no spikes may be worn for these events. The runways for the LJ, TJ, PV and approach for the HJ are all-weather material: 1/8 inch pyramid spikes only may be used for these field events.
- f. All litter on the field and in the parking areas must be picked up.
- g. No one is to play ball or Frisbee on the infield or lounge on the jump mats.

Crossroads Conference

Junior High Track Championships

Friday, April 26, 2019

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.

1st

Boys Shot (4 kg) -followed by-

Girls High Jump

Girls Discus

Girls Long Jump (Middle)

Boys Triple Jump (East or West)

Boys Pole Vault

2nd

Girls Shot (4 kg)

Boys High Jump

Boys Discus

Boys Long Jump (East or West)

Girls Triple Jump (Middle)

Girls Pole Vault

12:00 PM **Track Events: Morning program: all preliminaries except 400 Meter Dash and 1600 Meter Run. Girls events run first.**

100 Meter Low Hurdles (30") - Girls

100 Meter Intermediate Hurdles (33") - Boys

100 Meter Dash

400 Meter Dash

1600 Meter Run

200 Meter Dash

LUNCH 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") - Girls & (33") - Boys

200 Meter Dash

10 MINUTE BREAK

400 Meter Relay

1600 Meter Relay

CRC JUNIOR HIGH MEET PERSONNEL

Meet Director.....Ty Twarling – Cross County
Games Committee.....Ty Twarling, Brent Hollinger, Dennis Koinzan – Cross County
Jury of Appeals.....Andy Vrbka-HPC, Chip Kay-SRC, Dade McDonald-McCool
Starter/1600 relay zone.....Paul Herz
Clerk of the Course/Block Chief.....Bob Waltman – Cross County
Hurdle Chief & Crew.....Cross County Staff
Finish Line Recorder/Head Finish Judge... Tammy Schaefer – Cross County
Meet Announcer.....Brent Hollinger
Compter/Scorers.....Kendra Gustafson/Laureen Powell
Head Field Judge/Referee.....Ty Twarling
Video Operator.....Kathy Lundstrom – Cross County
Runners.....Cross County Students
Awards.....Ty Twarling/Dennis Koinzan

Timers/Pickers (If needed)

1st.....Cross County
2nd.....Shelby/RC
3rd.....McCool Jct.
4th.....East Butler
5th.....High Plains
6th.....Dorchester
7th.....Meridian
8th.....Exeter-Milligan

Curve Judges

Cut Line & 1st 400 relay zone.....Hampton
2nd 400 relay zone.....Osceola
3rd 400 relay zone.....Giltner

Field Events Judges

	<u>Boys</u>	&	<u>Girls</u>
High Jump.....	Giltner		Exeter-Milligan
Pole Vault.....	Cross County		
Long Jump.....	Osceola		High Plains
Triple Jump.....	Shelby/RC		Dorchester
Shot Put.....	Meridian		Hampton
Discus.....	East Butler / BDS /		McCool Jct.

CRC JUNIOR HIGH TRACK RECORDS

BOYS

<u>EVENT</u>	<u>NAME & 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
200 Meter Low Hur.	Mark Houser-Meridian	27.9	2002
400 Meter Dash	Skyler Fricke-Friend	54.2	1999
800 Meter Dash	Skyler Fricke-Friend	2:07.3	1999
1200 Meter Dash	Brandon Jackson-Meridian	3:38.7	2011
400 Meter Relay	Shelby-Rising City	48.7	2015
1600 Meter Relay	Meridian	3:56.5	2011
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>
2018	155 Cross County	78 Shelby-Rising City	57 East Butler
2017	114 Cross County	89.5 McCool Jct.	57 BDS
2016	111 High Plains	62 Shelby-Rising City	58 East Butler
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	104 Meridian	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	73 Meridian	72 Clay Center
2001	97 High Plains	78 Meridian	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 & 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	Amanda Aerts - East Butler	2:30.8	2016
1200 Meter Run	Maddi Portwine - Cross County	4:00.2	2017
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>
2018	86.5 Cross County	70 BDS	68 Meridian
2017	113 Cross County	86 BDS	76 Dorchester
2016	86 Giltner	71 Cross County	60 Shelby-Rising City
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	