

Crossroads Conference
Junior High Track
Friday, April 26, 2024
Cross County High School Track Facility

Scoring: Six Places: 10-8-6-4-2-1

ORDER OF EVENTS

8:00 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 (4 kg)
Girls High Jump		Boys High Jump
Girls Discus		Boys Discus
Girls Long Jump (Middle)		Boys Long Jump
(Middle)		
	Boys Triple Jump (East or West)	Girls Triple Jump
(East or West)		
	Boys Pole Vault	Girls Pole Vault

12:00 PM

100 Meter Low Hurdles (30") – Girls (Preliminaries)
100 Meter Intermediate Hurdles (33") – Boys (Preliminaries)
100 Meter Dash (Preliminaries)- GIRLS FOLLOWED BY BOYS
400 Meter Dash- GIRLS FOLLOWED BY BOYS
1600 Meter Run -GIRLS FOLLOWED BY BOYS
200 Meter Dash (Preliminaries)- GIRLS FOLLOWED BY BOYS

LUNCH BREAK (at least 20 minutes)

2:00 PM

100 Meter Low Hurdles (30") – Girls (Finals)
100 Meter Intermediate Hurdles (33") – Boys (Finals)
100 Meter Dash (Finals)- GIRLS FOLLOWED BY BOYS
800 Meter Dash- GIRLS FOLLOWED BY BOYS
200 Meter Low Hurdles Girls(30") & Boys (33")
200 Meter Dash (Finals)- GIRLS FOLLOWED BY BOYS

10 MINUTE BREAK

400 Meter Relay- GIRLS FOLLOWED BY BOYS
1600 Meter Relay - GIRLS FOLLOWED BY BOYS