**Great Plains Conference Junior High Track Meet**

**Monday, April 24, 2023**

**Armour Track**

Coaches Meeting: 10:30

Field Events: Jr. High 3 trials only,

11:00 am JH Boys Shot Put

JH Girls Discus

JH Boys Long Jump

JH Girls High Jump

JH Girls Triple Jump

Following JH Girls Shot Put

Previous JH Boys Discus

JH Girls Long Jump

JH Boys High Jump

JH Boys Triple Jump

Running Events—Finals Only

1:00 PM JH Girls and JH Boys 100 Meter Hurdles

JH Girls and JH Boys 100 Meter Dash

800 Meter Relay—JH Girls, JH Boys

1600 Meter Run—JH Girls, JH Boys

400 Meter Relay—JH Girls, JH Boys

400 Meter Dash—JH Girls, JH Boys

800 Meter Medley Relay—JH Girls, JH Boys

800 Meter Run—JH Girls, JH Boys

JH Girls and JH Boys 200 Meter Dash

1600 Meter Relay—JH Girls, JH Boys

Awards

\*\*Please make sure your high jumpers compete in the high jump before the other field events.\*\*

**\*\*These times are approximate we will run ahead of schedule if possible. \*\***

**\*\*Unlimited entries in all individual events. Only top 3 from each school will place. \*\***

**\*\*Each Individual can only be in a total of 4 events. \*\***

\*\***1 relay team per relay event. \*\***

**No Pole Vault**