**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**