

# Valley City Junior High / 9<sup>th</sup> Grade Track Meet

## Friday, April 26<sup>th</sup> – 3:00 Field / 3:30 Running

**Location/Time:** Dacotah Bank Track at Lokken Field. Start time 3:00 p.m.

**Entry Fee:** \$100.00 per school (G-\$50 & B-\$50). Make Checks payable to “Valley City High School”.

**Check-In / Meeting:** Check your team in with payment when you arrive at the press box. Coaches meeting 2:30.

**Entries:** All entries are due by Thursday, April 25 by 8:00 pm. Send entries via Athletic.Net. Questions about entries should be directed to Ned Clapp at [nedclapp@cableone.net](mailto:nedclapp@cableone.net) or 218-790-6324. Use performances from this year or your best estimate. Unlimited entries and relays, but only the top relay will count toward scoring.

**Scoring and Places:** Scoring will be 10-8-6-5-4-3-2-1. Ribbons for the top 8 placers and top 2 relays.

**Workers:** Will be provided. PLEASE BE READY TO ASSIST IF NEEDED!

**Locker Facilities:** There are no locker rooms available. Have your athletes dress for the meet before they get on the bus.

**Team Camps/Concessions:** - NO TEAM CAMPS ON THE INFIELD & CONCESSIONS NOT AVAILABLE.

**Questions:** Contact [Trevor.Bakalar@k12.nd.us](mailto:Trevor.Bakalar@k12.nd.us), or [Mike.Schultz@k12.nd.us](mailto:Mike.Schultz@k12.nd.us)

### **RUNNING EVENTS 3:30**

**Running Order: Girls First 7<sup>th</sup> - 8<sup>th</sup> - 9<sup>th</sup> followed by Boys**

200 Hurdles (JH - 30 Inches)  
300 Hurdles (9-G - 30 Inches)  
300 Hurdles (9-B - 36 Inches)  
100 Meter  
4 X 200 Relay  
1600 Meter  
4 X 100 Relay  
400 Meter  
100 Hurdles (JH-G - 30 Inches)  
100 Hurdles (9-G - 33 Inches)  
110 Hurdles (JH-B - 33 Inches)  
110 Hurdles (9-B - 39 Inches)  
800 Meter  
200 Meter  
4 X 400 Relay

### **FIELD EVENTS: 3 Jumps / 3 Throws – NO FINALS (Times are Approximate)**

#### **3:00**

Discus (G) 7th  
Shot Put (B) 7th  
Long Jump (G) 7th  
Triple Jump (B) 7<sup>th</sup> / 8<sup>th</sup> / 9<sup>th</sup>  
High Jump (B) 7<sup>th</sup> / 8<sup>th</sup>  
Pole Vault (B) 7<sup>th</sup> / 8<sup>th</sup> / 9<sup>th</sup>  
Javelin (G & B) 9<sup>th</sup> Grade Only

#### **3:45**

Discus (G) 8<sup>th</sup> / 9<sup>th</sup>  
Shot Put (B) 8<sup>th</sup> / 9<sup>th</sup>  
Long Jump (G) 8<sup>th</sup> / 9<sup>th</sup>  
High Jump (B) 9<sup>th</sup>

#### **4:30**

Discus (B) 7th  
Shot Put (G) 7th  
Long Jump (B) 7th  
Triple Jump (G) 7<sup>th</sup> / 8<sup>th</sup> / 9<sup>th</sup>  
High Jump (G) 7<sup>th</sup> / 8<sup>th</sup>  
Pole Vault (G) 7<sup>th</sup> / 8<sup>th</sup> / 9<sup>th</sup>

#### **5:15**

Discus (B) 8<sup>th</sup> / 9<sup>th</sup>  
Shot Put (G) 8<sup>th</sup> / 9<sup>th</sup>  
Long Jump (B) 8<sup>th</sup>/9<sup>th</sup>  
High Jump (G) 9<sup>th</sup>