Here is the information for JH Districts again.  Please follow, it is from our JH Conference Constitutuion.

# Section VI – Track

1. Follow the National Federation rules unless otherwise stated.
2. A seventh (which will include sixth grade) and an eighth grade division will be used for events at all Northeast sanctioned track meets.  With the exception of the culminating meet, the track meet director may choose to use a separate sixth grade division.
3. Event List and Times for Culminating Meet: Team in Charge of Field Events is a GUIDE only.  The host school may choose to alter the designated team.

8:30        FIELD EVENTS

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Team in Charge** | **FIELD EVENT** | **8:30** | **9:30** | **10:30** | **11:30** |
| Wright | SHOT PUT | 7 Boys | 8 Boys | 8 Girls | 7 Girls |
| Sundance | DISCUS | 7 Girls | 8 Girls | 8 Boys | 7 Boys |
| Moorcroft | HIGH JUMP | 7 Girls |   | 8 Girls |   |
| Newcastle | HIGH JUMP | 8 Boys |   | 7 Boys |   |
| Sage Valley | LONG JUMP | 8 Girls | 7 Girls |   |   |
| Twin Spruce | LONG JUMP | 7 Boys | 8 Boys |   |   |
| Upton | TRIPLE JUMP |   |   | 8 Girls | 7 Girls |
| Hulett | TRIPLE JUMP |   |   | 7 Boys | 8 Boys |
| Upton/Wright | POLE VAULT | Boys |   | Girls |   |

11:00     TRACK  (7 Girls – 8 Girls – 7 Boys – 8 Boys)

                SPRINT MEDLEY RELAY (100 – 100 – 200 – 400)

11:30     800 M

12:00     200 M

12:30     100 Hurdles

                LUNCH

1:30        400 M

2:00        100 M

2:30        1600 M

3:00        200 Hurdles

3:30        4 x 100 Relay

4:00        4 x 400 Relay

1. Starting Date – Outdoor Track – First Monday following Junior High/Middle School boys’ basketball tournament.
2. Allowable number of events – Each participant may enter a maximum of five events.  A maximum of four track events, if at least one is a relay. In the 6th/7th and 8th grade division there is a maximum of three participants per school per event at the Culminating Track Meet.
3. Scoring will be according to the National Federation rule book.
4. 1600 meter and 800 meter will be scheduled in separate sessions, one in the morning and one in the afternoon.
5. Girls will use a 6 lb shot and a one kilogram discus.
6. Boys will use a 4 kilogram shot and a one kilogram discus.
7. Follow the Official High School Track and Field Rule Book unless otherwise stated in the Constitution.
8. 100 Hurdles will be at these heights:
	1. 6th/7th Grade Girls – 30 inches
	2. 8th Grade Girls – 30 inches
	3. 6th/7th Grade Boys – 33 inches
	4. 8th Grade Boys – 36 inches
9. 200 Hurdles will be at these heights:
	1. 6th/7th Grade Girls – 30 inches
	2. 8th Grade Girls – 30 inches
	3. 6th/7th Grade Boys – 30 inches
	4. 8th Grade Boys – 33 inches
10. The 200 meter hurdles will be placed at the 300 meter hurdle marks using the last five markings.
11. Field Events – Four (4) attempts, no finals for shot, discus, triple jump and long jump.
12. The high jump starting heights will be determined by conference tournament director once entries are received. (Suggested hts: 6/7G-3’6, 8G-3’8, 6/7B-3’8, 8B-4’0)
13. The pole vault starting heights will be determined by conference tournament director; (Suggested hts: Boys – 5’0,  Girls – 4’6 if standards allow)
14. The awards for district track will be medals for 1st and ribbons for 2nd - 6th.

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