

# GEMS Track & Field Meet 2019

## @ SEHS

Saturday, January 26, 2019

**Entries done through Runnercard.com.**

**Since this is the first meet, no need to input times/distances/heights**

**Runnercard will close: Friday, January 25, 2019 at 8:00 a.m.**

800 M. Relay: All runners will stay in their lanes

Shot Put: Girls & Boys: 4k (8.81 lbs.)- will pool all shots and athletes will be able use any of them.

Discus: Girls & Boys: 1k (2.20 lbs.)-will pool all discus and athletes will be able use any of them.

Hurdles: Hurdle heights are listed below next to each of the events.

High jump starting heights for the first meet: 7G-3'6"; 8G- 3'8"; 7B-3'8"; 8B-4'0"

### **8:45 Girls 300 Hurdles (30")**

9:00 Boys Running Events (7<sup>th</sup>, 8<sup>th</sup>)

300 Hurdles (30")

2400 Meter Run

400 Relay

800 Meters

100 Meters

800 Relay

400 Meters

200 Meters

1600 Meters

1600 Relay

110 Hurdles (36")

Girls Running Events (7<sup>th</sup>, 8<sup>th</sup>)

100 Hurdles (30")

2400 Meters

400 Relay

800 Meters

100 Meters

800 Relay

400 Meters

200 Meters

1600 Meters

1600 Relay

Girls Field Events

(3 attempts only)

7<sup>th</sup> Girls Shot Put followed by 8th

8<sup>th</sup> Girls Discus followed by 7th

7<sup>th</sup> Girls Long Jump followed by 8th

8<sup>th</sup> Girls Triple Jump followed by 7th

7<sup>th</sup> Girls High Jump followed by 8th

Boys Field Events

(3 attempts only)

7<sup>th</sup> Boys Shot Put followed by 8th

8<sup>th</sup> Boys Discus followed by 7th

7<sup>th</sup> Boys Long Jump followed by 8th

8<sup>th</sup> Boys Triple Jump followed by 7th

7<sup>th</sup> Boys High Jump followed by 8th

We will be trying to use our timing system. Please let your athletes know they will be given a hip number for every race they enter.

### **Event Limitations:**

- A. No contestant shall be allowed to compete in more than 3 running events, including relays, or in more than 5 total events.**
- B. No contestant shall be allowed to enter more than 2 of the following events: 400-meter dash, 800-meter dash, 1600 meter run or 2400 meter run. This does not prevent a 400, 800 1600 or 2400-meter contestant from running on the relays provided he/she is entered in no more than 3 total running events.**
- C. Contestants may enter a maximum of 5 field events provided they are not entered in any running events.**