

# DISTRICT C-1 TRACK & FIELD INFORMATION

JOHNSON COUNTY CENTRAL

Home of the Thunderbirds

**Event:** District C-1 Track at Johnson County Central

**Date:** Thursday, May 9th, 2024

**Teams:** *Conestoga, Elmwood-Murdock, Falls City, Freeman, Johnson County Central, Lincoln Lutheran, Palmyra, Southern, Syracuse, Weeping Water*

## **Meet Officials:**

**Meet Director:** *Garrett Collin*

**Meet Referee:** *Jerry Rempe*

**Starter:** *Tim Jasnoch*

**Implement Weigh-in - 8:15 - 8:45 AM (HS GYM on the stage)**

**Coaches Meeting - 9:00 AM (HS CAFETERIA)**

**Field Events - 10:00 AM**

**Running Events - 1:00 PM**

**Entries:** Entries are due by noon on Monday, May 6th @ <http://www.lewistonsports.com/track>

*\*\*If you have not used this entry website before and need a passcode, let me know and I will email it to you.*

In the field events, each entrant will have three prelim attempts with the top eight having three more attempts in the finals except in the high jump and the pole vault.

You may only enter three contestants in each individual event and one entry per school per relay. Athletes may be entered in four events.

**Team Camps:** Tents and team camps should be set up on the outside of the track. There is plenty of room on the east side of the track away from the discus area. Track athletes will not be allowed on the playground.

**Entry Fee:** \$50 per team (\$100 total). Please pay prior to the meet.

**Scoring & Awards:** The scoring for the meet will be 10-8-6-4-2-1. First and second place plaques for both boys and girls and first through sixth place medals for all events and relays will be awarded.

**Exchange Zones:** Conestoga & Elmwood-Murdock, Freeman & Palmyra, Southern & Syracuse

## **Hurdle Judges**

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| - <b>Flight 1:</b> Conestoga        | - <b>Flight 6:</b> Palmyra       |
| - <b>Flight 2:</b> Elmwood-Murdock  | - <b>Flight 7:</b> Southern      |
| - <b>Flight 3:</b> Falls City       | - <b>Flight 8:</b> Syracuse      |
| - <b>Flight 4:</b> Freeman          | - <b>Flight 9:</b> Weeping Water |
| - <b>Flight 5:</b> Lincoln Lutheran | - <b>Flight 10:</b> JCC          |

# 2024 District C-1 Track & Field

## SCHEDULE OF EVENTS

**8:45 AM - Coaches Meeting (HS CAFETERIA)**

**10:00 AM - Field Events**

### **Series One**

Boys Shot Put  
Girls Discus  
Boys Triple Jump  
Girls Long Jump  
Boys High Jump  
Girls Pole Vault

### **Series Two**

Girls Shot Put  
Boys Discus  
Girls Triple Jump  
Boys Long Jump  
Girls High Jump  
Boys Pole Vault

**1:00 PM - Running Events**

1:00 PM	3200 Meter Relay - <i>Finals</i>
1:30 PM	100 Meter High Hurdles - <i>Girls Prelims</i>
1:45 PM	110 Meter High Hurdles - <i>Boys Prelims</i>
1:55 PM	100 Meter Dash - <i>Prelims</i>
2:15 PM	400 Meter Dash - <i>Finals</i>
2:35 PM	3200 Meter Run - <i>Finals</i>
3:05 PM	200 Meter Dash - <i>Prelims</i>

**BREAK (3:25 PM - 4:00 PM)**

4:00 PM	100 Meter High Hurdles - <i>Girls Finals</i>
4:10 PM	110 Meter High Hurdles - <i>Boys Finals</i>
4:20 PM	100 Meter Dash - <i>Finals</i>
4:30 PM	800 Meter Run - <i>Finals</i>
4:50 PM	300 Meter Low Hurdles - <i>Girls Finals</i>
5:05 PM	300 Meter Intermediate Hurdles - <i>Boys Finals</i>
5:15 PM	200 Meter Dash - <i>Finals</i>
5:25 PM	1600 Meter Run - <i>Finals</i>
5:45 PM	400 Meter Relay - <i>Finals</i>
6:00 PM	1600 Meter Relay - <i>Finals</i>