

# EMF JUNIOR HIGH TRACK INVITATIONAL

## March 28<sup>th</sup>, 2024

- TIME:** 9:30 Coaches Scratch & Add Meeting in Concession Stand Area  
10:00 Start with Field Events
- ENTRY FEE:** \$125.00 per school
- SCORING:** 10-8-6-4-2-1
- AWARDS:** Plaques to Champions  
Boy's and Girl's Divisions,  
Medals for 6 places
- BUS PARKING:** Please have your buses park on the east side of the football field facing south to facilitate traffic passage on the east road.
- FACILITIES:** **Concession and Restrooms** are available in building on the west side of the track. All team camps should be in the designate areas south of the bleachers as well as outside the track on both the north and south curves. During running events there will be no one allowed in the infield unless you are warming up for an event. **There will be no camps on the infield/football field. Please have your teams clean up their camps at the conclusion of the meet. Thank you.**
- SPIKES:** 1/8" limit on track surface as well as on the jump runways.
- ENTRY FORMS:** **Entries:** Each school may enter three athletes per individual event; one team per relay. **This meet will be using an online entry form.** Please go to <http://www.lewistonsports.com/track>  
**\*\*\*\*\*Entries are due by noon Wednesday, March 27<sup>th</sup>.**
- FIELD EVENTS:** All athletes must report to the official in charge of the event, and **may not warm-up without a meet official present at the venue. No tape is allowed on the runways as markers for field events. (Use chalk, or markers that press in the ground.)**
- RUNNING EVENTS:** Coaches will be the timers and pickers, as we do not have school personnel to fill all work assignments, please see below.

# EMF JUNIOR HIGH TRACK INVITATIONAL 2024

## TIME SCHEDULE AND TIME OF EVENTS

9:30 AM Scratch & Add Meeting  
10:00 AM Field Events  
12:30 PM Running Events

**MEET DIRECTOR:** Jim Pfeiffer  
**APPEALS COMMITTEE:** East Butler, Centennial, Sutton  
**STARTER:** Tim Jasnoch  
**CLERK OF THE START:** Paul Martin  
**CLERK OF THE FINISH:** Brian M  
**SCHOOLS:** Wilber-Clatonia, Tri County, Malcolm, East Butler, Lincoln Lutheran, EMF Sutton, Centennial, David City, Giltner, Hampton

**FIELD EVENTS:** Start at 10:00 AM. Schools are assigned to the following events and will be responsible for providing an adequate tape measure and helpers to run the event.

### 10:00 START

**GIRLS SHOT PUT:** Lincoln Lutheran  
**BOYS DISCUS:** Wilber Clatonia  
**GIRLS LONG JUMP:** East Butler  
**BOYS TRIPLE JUMP:** Giltner  
**BOYS HIGH JUMP:** Centennial  
**BOYS POLE VAULT:** Sutton

### 11:30 START

**BOYS SHOT PUT:** Malcolm  
**GIRLS DISCUS:** Tri County  
**BOYS LONG JUMP:** Hampton  
**GIRLS TRIPLE JUMP:** EMF  
**GIRLS HIGH JUMP:** David City  
**GIRLS POLE VAULT:** Sutton

### RUNNING EVENTS: START AT 1:00 PM--REPORT AT 12:45

**TIMERS/PICKERS:**

1. EMF	5. Centennial
2. Tri County	6. Wilber Clatonia
3. Malcolm	7. Sutton
4. Lincoln Lutheran	8. David City

**EXCHANGE ZONE JUDGES:**

EXCHANGE 1 – Malcolm  
EXCHANGE 2 – David City  
EXCHANGE 3 - Centennial

**HURDLE FLIGHT ASSIGNMENTS:**

1. David City	5. Tri County
2. East Butler	6. Centennial
3. Sutton	7. Malcolm
4. Lincoln Lutheran	8. Wilber Clatonia

**EMF JUNIOR HIGH INVITATIONAL TRACK MEET**  
**Thursday, March 28<sup>th</sup>, 2024**

9:30 Coaches' Scratch & Add Meeting

10:00	<b>FIELD EVENTS</b>	<b>FIRST (10:00)</b>	<b>SECOND (11:30)</b>
	DISCUS	BOYS	GIRLS
	SHOT PUT	GIRLS	BOYS
	HIGH JUMP	BOYS	GIRLS
	LONG JUMP	GIRLS	BOYS
	TRIPLE JUMP	BOYS	GIRLS
	POLE VAULT	BOYS	GIRLS

1:00 RUNNING EVENTS

100-METER HIGH HURDLES	FINALS	GIRLS
100-METER HIGH HURDLES	FINALS	BOYS
100-METER DASH	FINALS	
1200 METER RUN	FINALS	
400-METER DASH	FINALS	
200-METER DASH	FINALS	
800 METER RUN	FINALS	
200 METER LOW HURDLES	FINALS	GIRLS
200-METER LOW HURDLES	FINALS	BOYS
400-METER RELAY	FINALS	
1600-METER RELAY	FINALS	

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**THESE TIMES ARE APPROXIMATE, IF WE  
GET AHEAD OF SCHEDULE, EVENTS WILL  
RUN AHEAD OF SCHEDULE**