

# JCC TRACK & FIELD INFORMATION



JOHNSON COUNTY CENTRAL  
Home of the Thunderbirds



**Event:** Junior High Thunderbird Track & Field Invite at Johnson County Central

**Date:** Thursday, April 25th, 2024

**Teams:** Auburn, Conestoga, Elmwood-Murdock, Southern, Tri County, Palmyra, Falls City, Lincoln Lutheran, Syracuse, Mead, JCC

**Coaches Meeting** - 9:30 AM (outside the press box)

**Field Events** - 10:00 AM

**Running Events** - 12:30 PM

**Entries:** Due at NOON on Tuesday, April 24th. Please enter at <http://www.lewistonsports.com/track>  
*\*\*your passcode is the same as in past years. If you need a passcode, let me know and I will email it to you.*

We will not be running the 800m Relay. Please enter a 3200m relay time.

We will run the 200m Hurdles instead of the 300m Hurdles (enter it on the 300m event on the entry website).

*Entries are limited to four athletes per event and one entry per school per relay. Schools can only score 3 per event. All races will be run as finals against time. Field event participants will be given 4 attempts with no prelims, except in the High Jump and Pole Vault. Athletes may be entered in a maximum of four events. There will be no additions to your entries. However, you will be allowed to scratch an athlete and replace that athlete with someone else on your team. A short coaches' meeting will be held by the press box at 9:30 a.m.*

**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, so our elementary students can use it for recess.

**Starter:** Tim Jasnoch

**Entry Fee:** \$120 per school. Please pay prior to the meet.

These are the work assignments for the meet. Please bring appropriate equipment, plenty of help and review the rules for your event.

**Timers and Pickers:**

**Lane 1:** JCC

**Lane 2:** Conestoga

**Lane 3:** Palmyra

**Lane 4:** Auburn

**Lane 5:** Syracuse

**Lane 6:** Southern

**Lane 7:** Tri County

**Lane 8:** Elmwood-Murdock

**Field Events:**

**Boys Long Jump:** Tri County

**Girls Long Jump:** Mead

**Boys Triple Jump:** Falls City

**Girls Triple Jump:** Syracuse

**Boys High Jump:** Elmwood-Murdock

**Girls High Jump:** Elmwood-Murdock

**Girls Shot Put:** Palmyra

**Boys Shot Put:** Auburn

**Boys Discus:** Southern

**Girls Discus:** Conestoga

**Boys Pole Vault:** Lincoln Lutheran

**Girls Pole Vault:** Lincoln Lutheran

**Exchange Zones:** Weeping Water, Syracuse, Mead

**Hurdle Judges:** Tri County, Southern, Conestoga, JCC

## **9:30 AM - Coaches Meeting**

## **10:00 AM - Field Events**

Boys Discus *followed by* Boys Shot Put  
Girls Shot Put *followed by* Girls Discus  
Girls Long Jump *followed by* Boys Long Jump  
Boys Triple Jump *followed by* Girls Triple Jump  
Girls High Jump *followed by* Boys High Jump  
Boys Pole Vault *followed by* Girls Pole Vault

## **12:30 PM - Running Events**

### **Running Events are Finals Only**

3200m Relay - Girls  
3200m Relay - Boys  
100m Hurdles (30") - **Girls**  
100m Hurdles (33") - **Boys**  
100m Dash - Girls  
100m Dash - Boys  
1600m Run - Girls  
1600m Run - Boys  
400m Relay - Girls  
400m Relay - Boys  
400m Dash - Girls  
400m Dash - Boys  
200m Hurdles (30") - **Girls**  
200m Hurdles (33") - **Boys**  
800m Run - Girls  
800m Run - Boys  
200m Dash - Girls  
200m Dash - Boys  
1600m Relay - Girls  
1600m Relay - Boys