

# **SJMSAL TRACK AND FIELD INFO SHEET**

**Order of Events 8<sup>th</sup> Girls 8<sup>th</sup> Boys 7<sup>th</sup> girls 7<sup>th</sup> boys 6<sup>th</sup> girls and 6<sup>th</sup> boys**

65 Meter Hurdles

Girls Miles

4 x 100

Boys Miles

100 Meters

800

4 x 400

## **Field Information**

Girls Long jump, boys triple, and Girls shot and boys discus will be from 9am to 10:20am

Boys long jump, girls triple, boys shot and girls discus will be 10:30 to 12pm.

High jump Boys will be at 9am -10:20 and girls will 10:30 to 12pm.

**Rules on field events each athlete gets 3 attempts best attempts will be reported. All field event is open pit if they do not finish there jump in the allotted time, they will not receive any more attempt.**

**High jump bar will not be move up and down. It will move up as each attempt is successful made.**

**Shot Put all grades beside 8<sup>th</sup> grade boys will use a 6 pounds shot. 8<sup>th</sup> grade boys will use 8-pound shot.**

**Discus will be 1kg discus for all grades.**

## **Running Events**

**Please have all runners check in an event before there events. For example, if 65-meter hurdles are starting all girls miles should be at the start finish line to check in.**

**WE WILL RUN AHEAD OF SCHEDULE THIS IS A ROLLING  
SCHEDULE. PLEASE PAYATTENTION TO THE ANNOUNCEMENT.**

**DURING THE RACE, PLEASE STAY  
AWAY FROM THE TIMER AND FINISH  
LINE DURING ALL RACES AND STAND  
BY!!!!**

**For Real-time Meet Results Scan the QR Code Below**

