

Dakota XII South Middle School Conference Track & Field Meet

Elk Point-Jefferson Track and Field Complex

Tuesday, May 7, 2019

Time: Field Events 3:30 / Running Events 4:30

Teams: Canton / Dakota Valley / EP-J / Lennox / Vermillion

Jumps & Throws (3 jumps/throws (no finals).

Athletes will sign up at the site of the competition.

AWARDS: Ribbons will be awarded for six places in individual events and three in relays.

EVENT SCORING: Individual Events 10 – 8 – 6 – 4 – 2 – 1

Relays 10 – 8 – 6 – 4 – 2 - 1

Sticker Meet: This will be a sticker meet. Stickers will be used in all individual track events.

High Jump: Starting heights in the high jump will be as follows:

7th girls - 3'08", 8th girls – 3'10", 7th boys – 4'00", 8th boys – 4'04"

**Athletes who are competing in the high jump and other field events should request to take their three throws/long jumps in succession to facilitate the high jump competition.

TEAM CAMPS: No camps on the football field

FIELD EVENTS (3:30PM Start – Rolling Schedule)

Session one - 7th girls discus 7th boys shot put 8th B/G long jump 8th girls high jump

Session two - 8th girls discus 8th boys shot put 7th B/G long jump 7th girls high jump

Session three - 7th boys discus 7th girls shot put 8th boys high jump

Session four - 8th boys discus 8th girls shot put 7th boys high jump

*NOTE: Boys and girls long jump will take place at the same time on two different runways

* 8th graders will jump first followed by 7th graders

RUNNING EVENTS

*Girls 1600 meter run (3:30PM start)

*Boys 1600 meter run (Immediately following girls)

(4:30PM Start – Rolling Schedule in the following order: 7th girls, 8th girls, 7th boys, and 8th boys)

Girls 100 meter hurdles

Boys 110 meter hurdles

Girls 100 meter dash

Boys 100 meter dash

Girls 4 x 100 relay

Boys 4 x 100 relay

Girls 400 meter dash

Boys 400 meter dash

Girls 4 x 200 relay

Boys 4 x 200 relay

Girls 800 meter run

Boys 800 meter run

Girls Sprint Medley Relay (100, 100, 200, 400)

Boys Sprint Medley Relay (100, 100, 200, 400)

Girls 200 meter dash

Boys 200 meter dash

Girls 4 x 400 relay

Boys 4 x 400 relay