

Field events start at 3:45 pm, 1600 at 3:45 pm

Running events start at 4:45 pm

7th Grade Girls

1600 M Run	Joey
100 M Hurdles	Avery, Hannah, Linley, Grace, Emily
100 M Dash	Kaymarie, Patty
4 x 100 Relay	Abby, Natalie, Patty, Linley - Kaymarie, Emily, Teagan, Joey
400 M Dash	Hannah, Ella
Medley Relay (100-100-200-400)	Natalie, Abby, Grace, Linley - Kaymarie, Teagan, Emily, Joey
800 M Run	
200 M Dash	Grace, Ella, Emily
4 x 400 Relay	Joey, Hannah, Abby, Avery
High Jump	Abby
Long Jump	Natalie, Linley, Aynslee
Triple Jump	Avery, Natalie
Discus	Patty, Lilly, Emily, Teagan, Teri
Shot Put	Patty, Lilly, Teagan, Grace, Teri

8th Grade Girls

1600 M Run	Paetyn
100 M Hurdles	Jolie, Sophia, Hailey, Jezmarie
100 M Dash	Carly, Sophia, Alicen
4 x 100 Relay	Sophia, Dancia, Izzy, Alicen - Hailey, Ravyn, Alexis, Grace S.
400 M Dash	Aubrey
Medley Relay (100-100-200-400)	Carly, Izzy, Sophia, Danica - Ravyn, Emily, Jolie, Grace S.
800 M Run	Paetyn
200 M Dash	Alexis, Jezmarie, Ravyn
4 x 400 Relay	Jolie, Carly, Grace S., Karlee
High Jump	Alexis, Karlee, Grace G.
Long Jump	Danica, Karlee, Aubrey, Alicen
Triple Jump	Danica, Karlee, Aubrey, Alicen
Discus	Ravyn, Jolie, Nicole, Emily
Shot Put	Nicole, Emily, Grace S.

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7th Grade Boys

1600 M Run	Joe, Isaiah, Dean
100 M Hurdles	Derriker, Reed
100 M Dash	Aiden J
4 x 100 Relay	Mason-Grayson-Reed-Evan Taydom-Tracen-Jacob-Kayden
400 M Dash	
Medley Relay (100-100-200-400)	Taydom-Isaiah-Derriker-Kayden
800 M Run	Joe, Dean, Mason, Aiden Z, Nick
200 M Dash	Jacob, Aiden J
4 x 400 Relay	Isaiah-Kayden-Carson-Derriker Mason-Tracen-Reed-Dean
High Jump	Carson, Evan
Long Jump	Carson, Taydom, Tracen, Kayden
Triple Jump	Carson, Taydom, Tracen
Discus	Evan, Grayson, Kade
Shot Put	Evan, Grayson, Kade

8th Grade Boys

1600 M Run	Jonathan, Brandon, Lucas Hemmingstad, Jackson
110 M Hurdles	Gavin, Devon, Chace, Easton
100 M Dash	Alex, Jake
4 x 100 Relay	Jake – Gavin – Alex - Noah
400 M Dash	Gavin, Chase
Medley Relay (100-100-200-400)	Devon – Ben – Noah - Hunter
800 M Run	Lucas Hueser, Jonathan, Brandon, Lucas Hemmingstad, Jackson
200 M Dash	Alex, Noah, Chase, Chace, Easton
4 x 400 Relay	Lucas Hueser – Jake – Ben - Hunter
High Jump	
Long Jump	Hunter, Devon, Noah, Ben
Triple Jump	Hunter, Devon, Ben
Discus	Chace, Gavin, Ty, Cameron, Caleb, Braden
Shot Put	Chace, Gavin, Ty, Cameron, Caleb, Cooper, Aidan, Braden



**Elk Point-Jefferson 7th and 8th Invitational Track and Field Meet
Monday, April 29, 2019**

3:45 Field Events:

High Jump, 7th & 8th Girls- *starting height 3'8*
Shot Put, 7th & 8th Girls-
Discus, 7th & 8th Boys-
Long Jump, 7th & 8th Boys-
Long Jump, 7th & 8th Girls-

Followed by:

Discus, 7th & 8th Girls-
Shot Put, 7th & 8th Boys-
High Jump, 7th & 8th Boys- *starting height 4'0*
Triple Jump, 7th & 8th Boys and Girls

3:45 Running Events: 7th Girls, 8th Girls, followed by 7th Boys, 8th Boys

3:45 pm start 1600 M Run (7th Girls & Boys)-
(8th Girls & Boys)-

** 4:45 pm start 100 M Low Hurdles (Girls)-

**Rolling time schedule after this event

110 M Low Hurdles (Boys)-

100 M Dash-

400 M Relay-

400 M Dash-

Medley Relay (100,100,200,400)-

800 M Run-

200 M Dash-

1600 M Relay-

Field events 3:45 start
Running events 3:45 start for the 1600 m
4:45 start for the hurdles, then rolling time schedule

Entry Procedure: Limit of 4 per event in all individual running events and high jump. Unlimited entries in the 800 and 1600 m run. Two relay teams in each division. Each athlete may compete in any 4 events.

Tags: We will use the tag system for all individual running and relay events. The tag should have the athletes name and the school they represent. Only the anchor runner on the relays will need to wear a tag with the school name.

Field Events: Three attempts in the discus, shot put, long jump and triple jump. In all field events we will compete 7th/8th grade girls and 7th/8th grade boys at the same time, but will score and place separately. Starting heights for High Jump = Girls – 3’8, Boys – 4’0

Awards: Ribbons will be awarded for places 1-6 in individual events, and 1-3 for relays.

Teams Invited: Dakota Valley, Elk Point-Jefferson, Parker, Sergeant Bluff-Luton

Team Scoring: 10 - 8 - 6 - 4 - 2 - 1 in all individual and relay events.

Entry Fee: \$50.00 for each school – this covers both boys and girls and both grades..

Team Camps: South side of the track. No team camps on the football field.

Concessions: There will be a concession stand open with a wide variety of food and drink available.