

## Cassville Junior High Meet

Tuesday, April 17<sup>th</sup>, 2018

Eckstein Athletic Field



### Teams:

Belmont, Benton/Scales Mound, Cassville, Prairie du Chien

### Schedule:

**3:45: Coaches Meeting in the shed by the 100m start.**

### **4:15: Field Events Start**

Boys Discus first

Girls Shot Put and High Jump first

Boys and Girls Long and Triple Jump open pit for 1 ½ hours.

Shot and Discus – 9 Advance to Finals. 3 attempts.

Long and Triple Jump. No Finals, 3 jumps.

**Shot and Disk weigh-in will be conducted by the referee in the track shed.**

### **4:30: Running Events Start**

100m Hurdles

100m Dash

1600m Run

4x200m Relay

400m Dash

4x100m Relay

800m Run

200m Dash

Sprint Medley

**Entries due by noon Monday, April 16 on DirectAthletics.com.**

**Substitutions and scratches, for individuals already entered, will be allowed at the coaches meeting.**

**Exchange Zone Assignments:**

1<sup>st</sup> -Belmont

2<sup>nd</sup> – Cassville

3<sup>rd</sup> - PDC

**Venue:**

8 lane asphalt track and asphalt high jump apron. No spikes permitted.

Long jump and triple jump have rubber roll-out runways. Spikes are allowed.

Please make camp on the south end of the track, the end towards the river.

Long jump is the south pit, triple jump is the north pit.

**Contact Information:**

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**Head Coach**

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