

## Attention Junior High Track Coaches:

### Jack & Jill Relays

Wednesday, April 18<sup>th</sup>, 2018

Start Time: Field Events        4:15  
                  Running                4:45

#### Entries:

- Please send or input your entries to [PTtiming.com](http://PTtiming.com) under “upcoming” Jack n’ Jill
  - Any questions please feel free to call Clark, 602-778-1727
  - There will be an entry fee this year to cover the cost of the timing system.
  - There will be an entry fee this year of \$50 make checks out to Glenview Middle School. Send checks to the school by 4/16/2018 at: 3100 7<sup>th</sup> St East Moline, IL 61244
  
- Entries need to be submitted no later than by noon on Tuesday April 17<sup>th</sup>.
  
- Changes can be made at the Finish line prior to the Meet
  
- 2 girls and 2 boys per event/per grade. All relays will be Girl/Boy/Girl/Boy
  - REMINDER: Athletes are only allowed to participate in 4 events during the meet.
  - Each school will have one relay per event.
  
- 3200 race- 7<sup>th</sup> grade in one heat. 8<sup>th</sup> grade in the other heat.
  
- Mile race will be scored the same as cross country
  
- **NOTE:** Soule Bowl is a 6 lane track. With a possible 7 entries per event this will require up to 2 heats. **Please plan accordingly to timeline.**
  
- When not participating participants are to be in the bleacher area.
  
- **ABSOLUTELY NO SPIKES ON THE FOOTBALL FIELD!**
  
- There will be a concession stand available.
  
- Points will be awarded 1-6 places- 10-8-6-4-2-1 (field events will be calculated based on adding the distance/height of 4 participants)

#### Order of Events;

4 x 800 Relay  
4 x 100

Hurdle Shuttle Relay

Long Jump 8<sup>th</sup> and 7<sup>th</sup> grade followed by Triple Jump 8<sup>th</sup> and 7<sup>th</sup> grade.

High Jump 7<sup>th</sup> followed by 8<sup>th</sup>

1600 Medley (200,200,400,800)

800 Medley (100,100,200,400)

Mile Team

4 x 200

4 x 400

Discus 8<sup>th</sup> followed by 7<sup>th</sup>

Shot Put 7<sup>th</sup> and 8<sup>th</sup> grade

All Field events will be allowed 3 throws and 3 jumps.

Field Events 4:15pm

Shot put- shot gun start 3 throws 7<sup>th</sup> grade followed by 8<sup>th</sup> grade

Discus- shot gun start 3 throws 8<sup>th</sup> grade followed by 7<sup>th</sup> grade

High Jump- 7<sup>th</sup> grade girls starts a 3'-10", 8<sup>th</sup> grade girls & 7<sup>th</sup> grade boys will join in at 4', 8<sup>th</sup> grade boys will join in at 4'-2"

Long Jump- shot gun three jumps 8<sup>th</sup> grade followed by 7<sup>th</sup> grade

Triple jump- shot gun 3 jumps 7<sup>th</sup> grade followed by 8<sup>th</sup> grade

We ask that you please keep your athletes in the stands when they are not participating in an upcoming event. Also, please make sure your athletes are listening to the Announcer for upcoming events. The quicker we can start an event the faster we will be able to complete the meet.

Thank you in advance for your cooperation.

Chris Palmer

Glenview Middle School Athletic Director