
Norfolk Catholic Jr. High Track Invite

Norfolk Catholic High School

Meet Date: Monday April 26, 2021- 1:00 p.m.

Track Facilities: Southwest of the high school

Field Events: Shot Put: 7th & 8th grade boys and girls will use 4k shot. We will use 2 locations
Discus: We will use 2 locations.
High Jump: 1 location at north end of track.
Long jump & Triple jump: Runways are located west of the track.
Please have run-throughs completed before competition.

Parking: Please park all school vans and buses on the east side of the track along 23rd Street facing south. Spectator parking is available south of the high school and south of the St. Mary's Church.

Schedule of Events

FIELD EVENTS: 1:00 pm Start--Please scratch and add at event site.

Boys Long Jump followed by Triple Jump on West Runway.

Girls Long Jump followed by Triple Jump on East Runway

Girls Pole Vault followed by Boys Pole Vault

Boys High Jump followed by Girls High Jump

Shot Put: 7th Girls followed by boys (SW Ring), 8th Girls followed by boys (SE Ring)

Discus: 7th Boys followed by girls (SW Ring), 8th Boys followed by girls (NE Ring)

RUNNING EVENTS: Start: 3:00 p.m. approx. Girls then Boys

100 Low Hurdles - Girls (30" Height)

100 Hurdles - Boys (7th grade boys 33" 8th grade boys 36" Height)

100 Dash

1600 Run

400 Relay

400 Dash

195 Hurdles (Girls-30" and Boys 33")

800 Run

200 Dash

1600 meter Relay

TIMERS AND PICKERS:

1. Norfolk Catholic
2. Wayne
3. Stanton
4. Norfolk Catholic
5. Boone Central
6. Madison
7. Wayne
8. Stanton

FIELD EVENTS

Triple Jump and Long Jump (Girls) Stanton

Triple Jump and Long Jump (Boys) Norfolk Catholic

Pole Vault: (Boys and Girls) Norfolk Catholic

7th Discus: (SW Ring) Wayne

8th Discus: (NE Ring) Boone Central

7th Shot: (NW Ring) Madison

8th Shot: (SE Ring) Stanton

High Jump (Boys and Girls) Boone Central