

# **LCC JUNIOR HIGH TRACK MEET**

**Wednesday, April 23, 2025**

## **FIELD EVENTS**

Please provide helpers and measuring tapes

### **BOYS**

Shot Put-Wakefield

Discus-Wayne

Long Jump-Tri County NE

Triple Jump-Hartington-Newcastle

High Jump-Wynot

### **GIRLS**

Shot Put-Winside

Discus-Stanton

Long Jump-Tri County NE

Triple Jump-Hartington-Newcastle

High Jump-Wynot

### **TIMERS & PICKERS (only if needed)**

1st-Tri County NE

2nd-Winside

3rd-Wynot

4th-Hartington-Newcastle

5th-Wayne

6th-Osmond

7th-Stanton

8th-Wakefield

### **HURDLE SETTERS**

1st & 2nd Flight-H-N, LCC

3rd & 4th Flight-Wayne, LCC

5th & 6th Flight-Tri County NE, LCC

7th & 8th Flight-Winside, LCC

9th & 10th Flight-Osmond, LCC

### **EXCHANGE JUDGES 4X100**

1st Exchange-LCC, Wayne

2nd Exchange-Tri County NE, Winside

3rd Exchange-H-N, Wynot

**LCC JUNIOR HIGH TRACK MEET  
ORDER OF EVENTS**

(ALL TIMES ARE APPROXIMATE)

**8:30 COACHES MEETING**

**9:00 FIELD EVENTS**

GIRLS SHOT PUT followed by BOYS SHOT PUT  
BOYS HIGH JUMP followed by GIRLS HIGH JUMP  
BOYS TRIPLE JUMP followed by BOYS LONG JUMP  
GIRLS LONG JUMP followed by GIRLS TRIPLE JUMP  
BOYS DISCUS followed by GIRLS DISCUS

**11:30 RUNNING EVENTS** (time may be adjusted based on conclusion of field events)

100M HURDLES (Girls followed by Boys)  
100M DASH (Girls followed by Boys)  
1200M RUN (Girls followed by Boys)  
400M RELAY (Girls followed by Boys)  
400M DASH (Girls followed by Boys)  
200M HURDLES (Girls followed by Boys)  
200M DASH (Girls followed by Boys)  
800M RUN (Girls followed by Boys)  
1600M RELAY (Girls followed by Boys)

- **SCHOOLS PARTICIPATING:** LCC, Hartington-Newcastle, Osmond, Stanton, Tri-County NE, Wakefield, Wayne, Winside, Wynot
- **ENTRIES: All entries done online. Entry fee-\$150. Entries will close at 7:00 pm on April 22nd. Your entries are your responsibility and will only appear if you enter and save them. Please read and follow the directions carefully. Enter your roster and entries on [athletic.net](http://athletic.net). All teams should be added to the meet. If you cannot see the LCC JH Invite on your schedule, please let me know.**
- You are able to make changes online until 7:00 pm on Tuesday, April 22. If you have any scratches/adds, please **TRY TO MAKE THOSE PRIOR TO 7:00PM ONLINE TUESDAY.**
- **We are planning on using our FinishLynx F.A.T. system. We will only need timers and pickers if something is wrong with the system.**
- Please park buses on the North Side of the track, parallel to the fence if possible.
- No dressing facilities will be provided. A concession stand will be available.
- **Participation:**
  - We are using athletic.net which doesn't allow additional teams to be created. Therefore, we are allowing up to **6** athletes per event and **2** relays per team. Due to this, we will **NOT** keep team scores.
  - Participants may only compete in **FOUR** events.
- **Field Events:**  
Each participant will have 4 attempts (throws and horizontal jumps). ALL FINALS
- **Hurdles:**  
**100m**-10 hurdles at 30" for girls and 33" for boys  
**200m**-5 hurdles at 30" for girls and 33" for boys
- No tape on runways or track. Chalk will be available. The high jump starting heights will be determined at the coaches meeting.
- The scoring will be 10-8-6-4-2-1. Medals will be awarded for places 1-6 in all events. All awards and results can be picked up at the end of the meet.
- At the conclusion of the meet, please advise your team to pick up trash from your prospective areas.
- We look forward to hosting the meet!
- Any questions about meet entries, email Nate Sims at [nate.sims@lccschool.org](mailto:nate.sims@lccschool.org)