

Lewis & Clark Conference Junior High Track Meet

At Hartington

Saturday, April 20, 2023 @ **10:30am**

ORDER OF EVENTS

10:30am – Field Events Begin

Girls Discus, Followed by Boys Discus (3 attempts per athlete)
Boys Shot Put, Followed by Girls Shot Put (3 attempts per athlete)
Girls Long Jump, Followed by Girls Triple Jump (3 attempts per athlete)
Boys Long Jump, Followed by Boys Triple Jump (3 attempts per athlete)
Girls Pole Vault, Followed by Boys Pole Vault
Boys High Jump, Followed by Girls High Jump

1:30pm – Running Events Begin (Girls, followed by Boys)

3200 Meter Relay (4x800)
100 Meter Hurdles (30") – Girls
110 Meter Hurdles (33") – Boys
100 Meter Dash
400 Meter Dash
1600 Meter Run

15 Minute Break for Athletes/Workers Rest

200 Meter Hurdles (30") – Girls & Boys
200 Meter Dash
800 Meter Run
400 Meter Relay (4x100)
1600 Meter Relay (4x400)