



JH QUAD TRACK MEET

WORTH COUNTY HIGH SCHOOL, GRANT CITY, MO
MONDAY, APRIL 15, 2019

3:45 PM COACHES' MEETING

All teams please be present at 3:45, this meeting will be for scratches only, no substitutions or additions.

Since this is a non-medal meet each school is assigned to run off a field event, please check below. Also, each school has unlimited entries per event, but remember an athlete can only participate in a max of 3 running events and 4 total events.

FIELD EVENTS - (4 THROWS, 4 JUMPS)

4:00 PM Shot Put- Girls followed by Boys (cement surface) Albany
 Discus- Boys followed by Girls (cement surface) Stanberry
 High Jump- Boys followed by Girls (all-weather surface) WC
 Pole Vault- Girls followed by Boys (all-weather runway) WC
 Triple Jump- Girls followed by Boys (all-weather runway) WC
 Long Jump- Boys followed by Girls (all-weather runway) Platte Valley

TRACK EVENTS

(All events are girls followed by boys.)

4:45	100m Hurdles	Finals
	100 m Dash	Finals
	4x200 Relay	Finals
	1600 m Run	Finals
	4x100 Relay	Finals
	400m Dash	Finals
	800m Run	Finals
	200m Dash	Finals
	4x400 Relay	Finals

PARTICIPATING SCHOOLS

Albany, Platte Valley, Stanberry, Worth County

***WE WOULD LIKE FOR ONLY ATHELETES AND WORKERS TO BE INSIDE THE FENCE. PARENTS PLEASE WATCH FROM THE STANDS OR OUTSIDE OF THE FENCE. Thanks for helping stop confusion and assisting in keeping the track meet running smoothly!**