

## Early Bird Track Meet - Friday March 25, 2022 East Buchanan High School - Gower, MO

3:40 P.M. - Coaches' Meeting (Ag Building). No additions or substitutions.

### **Field Events – 4 throws or jumps**

4:00 P.M.

**Shot Put** - Girls followed by boys.

- The first legal throw will be measured. Four attempts maximum.
- Remaining throws must exceed the minimum line. If not, the attempt will be recorded as a foul.
- Minimum Line: 24' 0" for the girls; 31' 0" for the boys.

**Discus** - Boys followed by girls.

- The first legal throw will be measured. Four attempts maximum.
- Remaining throws must exceed the minimum line. If not, the attempt will be recorded as a foul.
- Minimum Line: 60' 0" for the girls; 81' 0" for the boys.

**Javelin** - Cafeteria style: girls and boys simultaneously.

- East Buchanan has an all-weather javelin runway. **NO CLEATS!** Track spikes are OK.
- ENCOURAGE athletes to complete their attempts early if in another throwing event.
- The first legal throw will be measured. Four attempts maximum.
- Remaining throws must exceed the minimum line. If not, the attempt will be recorded as a foul.
- Minimum Line: 70' 0" for the girls; 90' 0" for the boys.

**Girls Horizontal Jumps** - On the eastern runway (sand pit to the south).

- Triple jump followed by long jump.
- All girls will use the 8' takeoff board for long jump.
- Triple jumpers will have their choice of 24', 28', 32' and 36' takeoff boards.
- Once an event begins, jumpers have 1 hour and 15-minutes to complete their jumps.

**Boys Horizontal Jumps** - On the western runway (sand pit to the north).

- Triple jump followed by long jump.
- All boys will use the 12' takeoff board for long jump.
- Triple jumpers will have their choice of 24', 28', 32' and 36' takeoff boards.
- Once an event begins, jumpers have 1 hour and 15-minutes to complete their jumps.

## **Vertical Jump Field Events - Up to 3 attempts at each height**

4:00 P.M.

### **High Jump**

- Boys followed by girls. (Three-Alive Process)
- Boys Starting Height: 1.50 meters; Girls Starting Height: 1.20 meters

### **Pole Vault**

- Girls and boys will run at the same time.
- Starting Height (*approximately*): 6 feet (for girls and boys)

## **Track Events – Girls followed by Boys**

4:25 P.M. (G&B Combined) 4x800 Relay Finals

5:15 P.M. ***[ROLLING SCHEDULE BEGINS: Girls followed by Boys]***

100 m Hurdles (Girls) 33"	Finals
110 m Hurdles (Boys) 39"	Finals
100 m Dash	Finals
4 x 200 m Relay	Finals
1600 m Run	Finals
4 x 100 m Relay	Finals
400 m Dash	Finals
300 m Hurdles (Girls) 30"	Finals
300 m Hurdles (Boys) 36'	Finals
800 m Run	Finals
200 m Dash	Finals
3200 m Run (G&B Combined)	Finals
4 x 400 m Relay	Finals

### **Participating Schools:**

Brookfield, DeKalb, East Buchanan, Mid-Buchanan, Northland Christian, North Platte, Plattsburg, Smithville (JV), and West Platte.