

**The Suburban Council Track and Field Junior Varsity Championships**  
**Thursday, May 19<sup>th</sup>, 2022 @ Saratoga High School**

**Coaches Mtg: 4:15pm**  
**Events Begin: 4:30pm**

**Entry Limits: 3 per event and 1 relay.**

**\*Athletes cannot compete if they were in the Varsity Meet\***

**Entry: Due Wednesday, May 18<sup>th</sup> by 10:00pm on MileSplit**

**Scratches/Changes: 3:45pm on the day of the meet**

**Scoring: 10-8-6-4-2-1**

**Jury of Appeals: Head Coaches from Columbia, Averill Park, Ballston Spa & Bethlehem.**

**Host School Is Responsible for All Materials and Equipment for The Meet.  
Clipboards, Result Sheets, Tape Measures, etc...**

**Meet Responsibilities:**

<b>Albany</b>	<b>NO JV TEAM</b>
<b>Averill Park</b>	<b>Discus</b>
<b>Ballston Spa</b>	<b>Discus</b>
<b>Bethlehem</b>	<b>Long Jump</b>
<b>Burnt Hills</b>	<b>Hurdle Crew</b>
<b>CBA</b>	<b>High Jump</b>
<b>Colonie</b>	<b>Shot Put</b>
<b>Columbia</b>	<b>FAT Helpers/Results</b>
<b>Guilderland</b>	<b>Triple Jump</b>
<b>Niskayuna</b>	<b>Hurdle Crew</b>
<b>Saratoga</b>	<b>Announcer, Site Set Up, Blocks, Runners</b>
<b>Schenectady</b>	<b>Long Jump</b>
<b>Shaker</b>	<b>Shot Put</b>
<b>Shenendehowa</b>	<b>Pole Vault</b>
<b>Troy</b>	<b>NO JV TEAM</b>

**\*\*Please Bring Competent Help (Coaches or Parents) For This Meet\*\***

**\*\*Please Let Ryan Jones Know If You Won't Be Attending the Meet\*\***

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**Order of Events:**

**Preliminaries**

**4:30pm**    **110m Hurdles Semis**  
**100m Dash Semis**  
**1600m Run - unseeded**  
**200m Dash Semis**

**Finals**

**4 x 800m Relay**  
**110m Hurdles**  
**100m Dash**  
**1600m Run**  
**4 x 100m Relay**  
**400m Dash**  
**400m Hurdles**  
**800m Run**  
**200m Dash**  
**2000m Steeplechase**  
**3200m Run**  
**4 x 400m Relay**

**Field Events**

**4:30pm**    **Pole Vault starts at 7'-8'-9' then up by 6"**  
**Shot Put - three throws**  
**Long Jump - three jumps**  
**High Jump – starts at 4'0" up by 3" until 6 athletes are left**  
**Discus - three throws**  
**Triple Jump - three jumps**