

**2023 Mike Conlin Memorial Track and Field Meet**  
**WEDNESDAY, APRIL 5, 2023**

Thank you for you and your teams participation in the Mike Conlin Memorial Track and Field Meet.

**MEET TIME SCHEDULE OF EVENTS**

3:00 PM      Scratch Meeting: Packet Pick Up and changes  
Entry fee is \$40.00 per gender, \$80.00 per school. Make Checks payable to East Jefferson High School.

3:30            FIELD EVENTS GROUP ONE (1)

GIRLS LONG JUMP	BOYS SHOT PUT
GIRLS POLE VAULT	BOYS TRIPLE JUMP
GIRLS DISCUS	BOYS JAVELIN
	BOYS HIGH JUMP

4:00            TRACK CLEARED  
4 X 800 RELAY GIRLS FOLLOWED BY BOYS

4:30            FIELD EVENTS GROUP TWO (2)

GIRLS SHOT PUT	BOYS DISCUS
GIRLS TRIPLE JUMP	BOYS LONG JUMP
GIRLS HIGH JUMP	BOYS POLE VAULT
GIRLS JAVELIN	

5:15            TRACK CLOSES

5:15 - 5:30    COACH'S MEAL

5:40            RUNNING EVENTS ON A ROLLING SCHEDULE  
GIRLS EVENTS WILL PRECEED THE BOYS EVENTS

4 X 200 M RELAY

1600M RUN

100/110 HURDLES

100M DASH

800M RUN

4 X 100 M RELAY

400 M DASH

300 M HURDLES

200 M DASH

3200 M RUN

4 X 400 M RELAY

**GENERAL INFO:** Team Areas will be on the HOME side of the stadium Fans will be on VISITORS side Admission will be \$5.00 for adults and \$3.00 for students and children. ONLY UNIFORMED team members will be admitted with a coach

ONLY ATHLETES WILL BE ALLOWED ON THE INFIELD FOR THEIR EVENT TIME AND CHECKED IN WITH THE CLERK. ATHLETES AND TEAMS MAY BE DISQUALIFIED IF THEY DO NOT COMPLY AND SET UP CAMP OR NON-COMPETITORS LOITER ON THE FIELD. YOUR COOPERATION IN THIS WILL HELP THE MEET RUN ON TIME AND HELP THE JUDGING OF THE EVENTS.

EACH SCHOOL WILL BE ASKED TO HELP WITH A FIELD EVENT OR LANE AND EXCHANGE JUDGE.

THERE ARE NO ADDS FOR THIS MEET, ONLY SCRATCH AND REPLACE.

IN THE FIELD EVENTS, ATHLETES WILL BE GIVEN 4 JUMPS OR THROWS WITH NO FINALS

Team fee checks can be turned in at the scratch meeting

NF and LHSAA uniform rules will be enforced.

**FIELD EVENTS:**

All participating schools are asked to run one field event or assist in one field event to ensure timely completion of the field events. Coaches will assist with relay exchanges.

- BOYS/GIRLS HIGH JUMP.....
- BOYS/GIRLS LONG JUMP.....
- BOYS/GIRLS TRIPLE JUMP.....
- BOYS/GIRLS JAVELIN.....
- BOYS/GIRLS SHOT PUT.....
- BOYS / GIRLS DISCUS.....
- BOYS/GIRLS POLE VAULT.....
- 4 X 100 AND 4 X 200 EXCHANGES.....

TIMING: CRESCENT CITY TIMING

MEET DIRECTOR: MARC MARTIN

TRACK REFEREE: DENNIS PANEPINTO

FIELD REFEREE: JOHN MAYER

MARSHALL: RAY OXMANN, JOHN BOYER

TEAM BUSES PARK ALONG PHLOX ST. FROM SOFTBALL FIELD TO VISITOR'S SIDE. TEAMS ENTER FROM PHLOX SIDE.

**PLEASE DO NOT FORGET TO PICK UP YOUR ATHLETE'S AWARDS AFTER THE MEET.**