



North County Junior Varsity Raider Relays

Date: 03/29/23

Entry Fee: \$150.00 per gender. \$300.00 for both.

Location: North County High School, Bonne Terre, MO

Time: Javelin and Boys PV at 1:30, Other Field Events start at 2:00. Running Events at 2:30. Javelin will be combined cafeteria style, and the other throwing events will start at 2:00 with Boys Shot Put and Girls Discus. Javelin throwers can report to the other throws as they complete their javelin throws.

Entries: All teams will be allowed three entries per individual event and one relay per relay event.

Surface: 9-Lane All-Weather Track. Rubber Pole Vault/Long and Triple Jump runways, plus High Jump area. 3/16 spikes only!

Awards: Medals for 1st through 5th. 1st and 2nd place team plaques.

Starting Heights: To Be Determined.

Entries: We will be using the services of milesplit for our online entries this year. We will send out more information as we get closer to the meet. The meet will have fully automatic timing.

Facilities: Restrooms and concessions are available. Coaches will be given a meal ticket for access to the concessions.

Field Events: Each participant in the horizontal jumps and the throws will have four attempts.

For any questions, contact Girls Head Coach Cory Dicus at cdicus@ncsd.k12.mo.us or Boys Head Coach Ryan Roth at rroth@ncsd.k12.mo.us.

Thank you, we are looking forward to having you here for the JV Invitational!

Order of Running Events:

3200m Relay

110/100m Hurdles

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

1600m Relay

Field Events

1:30: Boys and Girls Javelin

Boys Pole Vault

2:00: Girls High Jump

Boys Shot Put

Girls Discus

Long Jump: Cafeteria Combined Boys and Girls @ 2:00

Triple Jump: Cafeteria Combined Boys and Girls @ 2:00