

Hi-Plains JH League Track Meet at Sublette Monday, May 12th, 2025

Starting Times: Coaches Meeting (In between the gyms) 2:15 PM CST

Field Events 3:00 pm CST 3200: 3:30 PM CST Running Events: 5:30 PM CST

Entries: Entries are due by Saturday, May 10th at 10:00 PM. Entries will be entered on milesplit.com

3 contestants per event and 1 relay team.

Scratches and Substitutions will be made prior to the coach's meeting. **NO ADDITIONS**

Field Events: 4 Throws in Shot put, javelin, and Discus.

4 Jumps in Long Jump and Triple Jump.

3 attempts per height in High Jump and Pole Vault. Starting heights will be determined at the coach's meeting.

Scoring and Medals: Individual Medals will be awarded for 1st thru 6th place per Division. Relay medals will be awarded for 1st-3rd Per Division. Plates will be awarded for 1st place teams in each division.

Points will be awarded to the top 6 places: 10-8-6-4-2-1

Starters: Nick Leon

Timing: F.A.T. Dog Timing

Surfaces: Track and Jumping surfaces are rubber. 1/4-inch spikes or less is required. Shot Put and Discus Rings are concrete. Please plan accordingly.

Bus Parking: Buses will unload by the west gate of the football field and park on Lark Ave. or Cox Street.

Concessions: Concessions will be provided throughout the meet.

Hospitality: Will be located in the cafeteria.

Team Camps: Teams may camp anywhere East, West or South of the track.

The football field is for coaches and athletes only. Athletes may warm up, but NO TEAM CAMPS.

Thanks, and we look forward to hosting you on Monday, May 12th.

Lyle Befort

Sublette JH/HS AD

HI-PLAINS LEAGUE TRACK ORDER OF EVENTS:
3:00 PM CST FIELD EVENTS

High Jump (East Mat) 7th Boys, 8th Boys

High Jump (West Mat) 8th Girls, 7th grade Girls

Long Jump(NE Pit): 7th Girls, 8th Girls

Long Jump (NW Pit): 8th Boys, 7th Boys

Triple Jump (SE Pit) 8th girls, 7th girls Cafeteria Style

Triple Jump (SW Pit) 7th Boys, 8th Boys Cafeteria Style

Discus (East Ring South of Track): 7th Girls, 8th Girls
(West Ring South of Track): 7th Boys, 8th Boys

Shot Put (East Ring): 8th Girls, 7th Girls
(West Ring): 8th Boys, 7th Boys

Pole Vault 8th Girls, 7th Girls, 8th Boys, 7th Boys,

Turbo Javelin Boys (South of track-practice FB field): Cafeteria Style

Turbo Javelin Girls (South of track-practice FB field): Cafeteria Style

3:30 PM CST -3200 (7th Girls, 8th Girls, 7th Boys, 8th Boys)

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5:30 PM CST RUNNING EVENTS

(ORDER: 7th Girls, 8th Girls, 7th Boys, 8th Boys)

- 100 Meter Hurdles
- 100 Meter Dash
- 1600 Meter Run
- 4x100 Meter Relay
- 4x100 Weight Man Relay
- 400 Meter Dash
- 4x200 Relay
- 800 Meter Run
- 200 Meter Hurdles
- 200 Meter Dash
- 4x400 Meter Relay

Field Event Workers

High Jump (East Mat) 7th Boys, 8th Boys

High Jump (West Mat) 8th Girls, 7th grade Girls **Sublette**

Long Jump(NE Pit): 7th Girls, 8th Girls

Long Jump (NW Pit): 8th Boys, 7th Boys

Triple Jump (SE Pit) 8th girls, 7th girls Cafeteria Style

Triple Jump (SW Pit) 7th Boys, 8th Boys Cafeteria Style

Discus (East Ring South of Track): 7th Girls, 8th Girls
(West Ring South of Track): 7th Boys, 8th Boys

Shot Put (East Ring): 8th Girls, 7th Girls
(West Ring): 8th Boys, 7th Boys

Pole Vault 8th Girls, 7th Girls, 8th Boys, 7th Boys **Stanton Co.**

Turbo Javelin Boys: 7th boys/8th boys**(South of track-practice FB field):**
Cafeteria Style

Turbo Javelin Girls: 7th girls/8th girls **(South of track-practice FB field):** Cafeteria
Style