

San Juan Basin League MS Championships

Friday, April 24

11:00am - Coaches Meeting at the start/finish line

Field Events

11:30am	Boys: Discus High Jump	Girls: Shot Put Long Jump
1:30pm	Boys: Shot Put Long Jump	Girls: Discus High Jump

- Field events will have 90 minutes to complete so athletes need to figure out their race schedule and can jump/throw at any time during the 90 minutes. We will not follow a specific seed or schedule, besides for starting heights in the high jump
- 7th girls high jump will start at 3'8" and 8th grade girls will join in at 3'10"
- 7th boys high jump will start at 4'0" and 8th grade boys will join in at 4'2"
- For discus, shotput, and long jump. Each athlete will be given three tries and their highest try scores. 7th and 8th will compete together but be scored differently.
 - 8lb shot put for boys and girls
 - 1kg discus for boys and girls

Running Events

11:30am Begins the rolling schedule of events

**Order goes 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys

- 100 M Low Hurdles = 10 hurdles
- 100 M Dash = Lanes all the way
- 1600 M Run = Super Waterfall start
- 4x100 M Relay = Lanes all the way
- 400 M Dash = Lanes all the way
- 4x200 M Relay = Lanes all the way
- 800 M Run = Super Waterfall start
- 200 M Dash = Lanes all the way
- 800 M Sprint Medley
 - 100 and 200 lanes all the way; 400 cut when clear

Reminders

- Unlimited entries
- 2 relay teams per event per school