



## Elkhart Christian Senior Night Track meet on 5/5/26



**\*Important – Meet is at Bethany Christian School**

Questions or Changes to lineups please reach out to Dan Adcock [coachdan@bethanycs.net](mailto:coachdan@bethanycs.net) and Ty Biller [tlb@elkhartchristian.org](mailto:tlb@elkhartchristian.org)

### **Invite through Milesplit.**

**Location:** Bethany Christian 2904 S. Main St., Goshen, IN 46526

**Parking:** Team buses drop off in the SE parking lot, then park in the North parking lot. Spectators park in the SE parking lot, overflow in the North parking lot. Track located behind the school.

**Teams:** Elkhart Christian, Bethany Christian, Blackhawk Christian, Lakeland Christian, Lakewood Park, Smith Academy, South Bend Career Academy, Trinity Academy

**Cost per school:** \$200

**Make Checks Payable:** Elkhart Christian Academy 25943 CR 22 East, Elkhart, IN 46517

**Coaches meeting at 5:15pm at tent**

**Starting time is 5:30pm Field events**

**Starting time of 5:45pm 4x800**

**Field Events :** Limited 2 varsity competitors and 3 JV competitors (Best mark gets Varsity)

**Running Events:** Sprints – limited 2 varsity and 2 JV  
Long distance – Unlimited  
Relay – 1 Varsity and 1 JV

- Scoring Rules
  - o Relays we score top 5
    - 1<sup>st</sup> – 10
    - 2<sup>nd</sup> – 8
    - 3<sup>rd</sup> – 6
    - 4<sup>th</sup> – 5
    - 5<sup>th</sup> – 4
  - o All other event Score top 8
    - 1<sup>st</sup> – 10
    - 2<sup>nd</sup> – 8
    - 3<sup>rd</sup> – 6
    - 4<sup>th</sup> – 5
    - 5<sup>th</sup> – 4
    - 6<sup>th</sup> – 3
    - 7<sup>th</sup> – 2
    - 8<sup>th</sup> – 1
- Order of events
  - 4x800 Combined (B&G)

- 110 m Hurdles Boys
- 100 m Hurdles Girls
- 100 m Boys followed by 100 m Girls
- 1600 m Boys followed by 1600 m Girls
- 4x100 m Boys followed by 4x100 m Girls
- 400 m Boys followed by 400 m Girls
- 300 m hurdles Boys followed by 300 m hurdles Girls
- 800 m Boys followed by 800 m Girls
- 200 m Boys followed by 200 m Girls
- 3200 m Combined (B&G)
- 4x400 m Boys followed by 4x400 m Girls
- Field Events
  - Shotput Girls and Discus Boys 3 Attempts
  - Discus Girls and Shotput Boys 3 Attempts
  - Long Jump – open pit (90 minutes) After the 90 minutes no attempts will be allowed. 3 Attempts
  - High Jump – Girls first and then Boys
    - Girls High Jump Starts at 4'0", goes up to 4'3, 4'6, then up in 2" increments to 5', then in 1" increments
    - Boys High Jump starts at 5'0", goes up to 5'3, 5'6, then up in 2" increments to 6', then in 1" increments
- Ribbons will be handed out at the end of the event for placers