

Dakota XII South Junior High Conference Track & Field Meet

Vermillion High School - May 8th, 2018

Time: Field Events 3:30 / Running Events 4:30

Teams: Canton / Dakota Valley / EP-J / Lennox / Vermillion
Jumps & Throws (3 jumps/throws, no finals).

AWARDS: Ribbons will be awarded for six places in individual events and three in relays.

EVENT SCORING: Individual Events 10 – 8 – 6 – 4-2-1; Relays 10-8-6-4-2

3/16” pyramid spikes only.



Events List

FIELD EVENTS

(3:30PM Start – Rolling Schedule)

Session one - 7 th girls discus	7 th boys shot put	8 th boys long jump	8 th girls high jump
Session two - 8 th girls discus	8 th boys shot put	7 th boys long jump	7 th girls high jump
Session three - 7 th boys discus	7 th girls shot put	8 th girls long jump	8 th boys high jump
Session four - 8 th boys discus	8 th girls shot put	7 th girls long jump	7 th boys high jump

RUNNING EVENTS

***Girls 1600 meter run (3:30PM start)**

***Boys 1600 meter run (Immediately following girls)**

(4:30PM Start – Rolling Schedule in the following order: 7th girls, 8th girls, 7th boys, and 8th boys)

Girls 100 meter hurdles

Boys 110 meter hurdles

Girls 100 meter dash

Boys 100 meter dash

Girls 400 meter relay

Boys 400 meter relay

Girls 400 meter dash

Boys 400 meter dash

Girls 800 meter relay

Boys 800 meter relay

Girls 800 meter run

Boys 800 meter run

Girls Sprint Medley Relay (100, 100, 200, 400)

Boys Sprint Medley Relay (100, 100, 200, 400)

Girls 200 meter dash

Boys 200 meter dash

Girls 1600 meter relay

Boys 1600 meter relay