



**Gateway Track & Field  
JV Track Meet  
Wednesday,  
April 13th 2016**



### **Running Events**

**(rolling schedule starting at 3:30)**

800m Medley Relay (Girls)  
3200m Relay (Boys and Girls Combined)  
100m Hurdles (Girls)  
110m Hurdles (Boys)  
100m Dash (Girls)  
100m Dash (Boys)  
4x200m Relay (Girls)  
4x200m Relay (Boys)  
1600m Run (Girls and Boys)  
4x100m Relay (Girls)  
4x100m Relay (Boys)  
400m Dash (Girls)  
400m Dash (Boys)  
300m Hurdles (Girls)  
300m Hurdles (Boys)  
800m Run (Girls)  
800m Run (Boys)  
200m Dash (Girls)  
200m Dash (Boys)  
3200m Run (Girls and Boys Combined)  
4x400m Relay (Girls)  
4x400m Relay (Boys)

### **Field Events**

#### **3:30PM:**

Girls Shot Put  
Boys Discus  
Boys Long Jump  
Girls Triple Jump  
Boys and Girls High Jump (run together)

#### **4:15PM:**

Boys Shot Put  
Girls Discus  
Girls Long Jump  
Boys Triple Jump

### **Coaches**

- **Coaches Meeting** – 3:15 at the starting line
- We ask that your athletes report to the Clerk at the starting line or venue with a sticker: *Name, School, Event* **(please bring your own)**
- We will seed your athletes at the line from fastest to slowest for all multiple-heat races The 4x800, 4x400, 3200m, and 1600 and High Jump may be run or jumped co-ed, depending on the number of participants.
- Field Event Athletes must report to their events and check out if they need to leave to run another event.

### **Event Responsibilities**

One of our coaches will be running each of the events with our varsity athletes helping out. The Discus and Shot Put rings are on the field northwest of the track. (Long Jump – Coach Oates, Triple Jump – Coach Glunz, High Jump – **Hinkley Coach**, Discus – Coach Sorensen, Shot Put – **Westminster Coach**, Track – Coach Moss, Clerk – Coach McFarland, Starter – Coach Wittmer)

Exchange Zone Judges— (flags are at the starting line)

Sprint Medley, 4x100, 4x200\*

1<sup>st</sup> Exchange—**Northgelnn Coach**

2<sup>nd</sup> Exchange—**Brighton Coach**

3<sup>rd</sup> Exchange—**Hinkley Coach**