

# METRO CONFERENCE

## JUNIOR VARSITY TRACK MEET

**Hosted by: Bryan High School**

### GENERAL INFORMATION

**Date/Time:** Friday, May 6<sup>th</sup>, 2022  
High Jump.....12:00 pm  
Field Events.....1:30 pm  
Running Events..3:00 pm

\*\*\*\*ALL FIELD EVENT WORKERS PLEASE MEET AT THE SHED ON THE NORTHSIDE OF THE FIELD AT 11:30AM.

**Entry Fee:** \$250 per school or \$125 per team should you send either boys or girls

**Scoring:** All events will be scored 10-8-6-4-2-1

---

Each coach must have a valid e-mail address. You must type in the complete address in order to get confirmation for your entries.

Entry forms are found on the Internet at: [www.athletic.net](http://www.athletic.net) you must create an account or use an existing account.

Web entries are to be submitted by 8:00 am on Thursday, May 5<sup>th</sup>, 2022.

A school may enter one (1) team in each relay event. You can enter up to three (3) individuals for running and field events. Medals will be awarded for the top six (6) places in all events. Team plaques will be awarded for Championship Teams (G & B). Head coaches please send one member of your staff to the upper press box to pick up medals immediately after the final event. Trophy celebration on track!

Meet Director: Ryan Murtaugh-Bryan High A.D.:531-299-9134:[ryan.murtaugh@ops.org](mailto:ryan.murtaugh@ops.org)

Bryan G & B Track Coach: [marcy.krolikowski@ops.org](mailto:marcy.krolikowski@ops.org)

Entry questions: Mark McGuire / [mark.mcguire@cox.com](mailto:mark.mcguire@cox.com) or Coach Krolikowski

# Metro Conference J.V. Track Meet

Friday, May 6<sup>th</sup>, 2022

## Schedule of Events

(Times are approximate) be ready to go when you event is called.

### Field Events

12:00

12:00

1:30

1:30

3:30

### Girls

Unified Long Jump(Bryan)

High Jump-North D (Central)

Long Jump (PL South)

Discus (Millard West)

Pole Vault (PL High)

Triple Jump (Benson)

Shot Put (Westside/ Gretna)

### Boys

Unified Long Jump(Millard North)

High Jump-North D (Millard South)

Triple Jump (Burke)

Shot Put (B. East)

Long Jump (South)

Discus (Prep)

Pole Vault (Bellevue West)

### Running Event

3:00

3200 Meter Relay (4x800) (G /B)

100 Meter High Hurdles (G) (Elkhorn South/Gretna)

110 Meter High Hurdles (B) (Elkhorn South/Gretna)

100 Meter Unified

100 Meter Dash (G)

100 Meter Dash (B)

4x100 Meter Unified Relay

1600 Meter Run (G)

1600 Meter Run (B)

400 Meter Dash (G)

400 Meter Dash (B)

800 Meter Run (G)

800 Meter Run (B)

300 I.M. Hurdles (G) (Elkhorn South/Northwest)

300 Low Hurdles (B) (Elkhorn South/Northwest)

200 Meter Run (G)

200 Meter Run (B)

3200 Meter Run (G)

3200 Meter Run (B)

400 Meter Relay (4x100) (G / B)

1600 Meter Relay (4x400) (G / B)

### Eligibility:

NSAA rules govern competition. No false start rule in effect!

### Spikes:

Bryan has an all weather surface. Only 1/8" spikes may be worn **PLEASE!** The shot and disc rings are made of concrete.

### Starting Heights:

Determined by entries

### Qualifying:

In the field events, each competitor will get 4 attempts and no finals. All running events are finals competition.

### Shots and Discs:

We will pool all shots and discus brought to the meet

### Admission:

Students \$4.00 and Adults \$6.00 (West stadium seating only)

**Restrooms & Lockers:** Restrooms available on both concourses. No locker facilities will be available!