

Jr. High League Meet

Sponsored by the Lackawanna Track Conference

Scranton Memorial Stadium
Friday May 11, 2012

Coaches Meeting – 2:30pm
First Gun – 3pm

Entry Fee: \$200

Fee covers both boys' and girls' teams and cost of officials
Checks should be made out to the **Lackawanna Track Conference**
Entry Fee due by *Monday April 16th, 2012*
Please return payment to: Carbondale Area High School
c/o: Eric Larson
Rte. 6, Brooklyn St.
Carbondale, Pa 18407

Scoring: Top 8 in each class (AA & AAA) will be scored: (10-8-6-5-4-3-2-1)

Awards: Team Plaques awarded to top Boys & Girls AA & AAA teams
Medals awarded to 1st, 2nd & 3rd place finishers in all events –
(regardless of classification)

Entries: Each school is guaranteed **two** (2) entries in each event. A *third* can be entered IF they meet the qualifying standards below. If you enter **more** than two athletes in an event then **ALL 3** athletes must meet the qualifying standard

Girls Standards:			Boys Standards:		
	Hand:	FAT:		Hand:	FAT:
4x800	1 per School	1 per School	4x800	1 per School	1 per School
100h	18.7	18.94	110h	17.9	18.14
100m	13.6	13.84	100m	12.2	12.44
1600m	5:46.0	5:46.24	1600m	5:05.0	5:05.24
400m	1:05.7	1:05.94	400m	56.8	57.04
4x100	1 per School	1 per School	4x100	1 per School	1 per School
300h	53.0	53.24	300h	46.5	46.74
800m	2:35.0	2:35.24	800m	2:16.0	2:16.24
200m	28.6	28.84	200m	25.2	25.44
3200m	12:52.0	12:52.24	3200m	11:35.0	11:35.24
4x400	1 per School	1 per School	4x400	1 per School	1 per School
LJ	14' 6"		LJ	17' 6"	
TJ	30' 6"		TJ	36' 0"	
HJ	4' 6"		HJ	5' 4"	
PV	7' 0"		PV	9' 0"	
SP	31' 6"		SP	40' 0"	
DT	76'		DT	124' 0"	
JT	78'		JT	130' 0"	

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Schedule

Track Events — Being at 3pm

100 HURDLES—TRIALS

110 HURDLES—TRIALS

100 M DASH—TRIALS

4X800 RELAY

110 HURDLES—FINALS

100 HURDLES—FINALS

100 M DASH—FINALS

1600M

400 METER

4X100 RELAY

300 HURDLES

800 METER

200 METER

3200 M

4X400 RELAY

Field Events

3:00 Pole Vault—Girls

3:00 Long Jump—Boys

3:00 Javelin—Girls

3:00 Discus—Boys

3:00 Triple Jump -- Girls

3:00 High Jump -- Boys

5:00 Long Jump—Girls

5:00 Javelin-Boys

5:00 Discus—Girls

5:00 Triple Jump—Boys

5:00 High Jump—Girls

6:00 Pole Vault—Boys

6:30 Shot Put—Boys

6:30 Shot Put—Girls

* No Field Event Finals

Seeding: Entries will be made through Milesplit pa.milesplit.com

Entries due by *Saturday May 5th, 2012*

Seeding Sheets will be emailed to AD's on Wednesday May 9th, 2012

Reminders:

1. This is a "No Scratch/No Addition" meet. Athletes may be scratched prior to the meet at the scratch meeting. Any scratches during the meet cause the athlete to be ineligible to compete in the rest of the meet. No additions to the meet will be added after the deadline
2. Qualifying can come from Lackawanna League Meets or Invitationals - Times will be verified
3. Athletes are to stay in the stands when not in an event being run
4. Girls Events will be run first, then Boys