

Jr. High League Meet

Sponsored by the Lackawanna Track Conference

Scranton Memorial Stadium
Friday May 3 , 2013

Coaches Meeting – 3:30pm
First Gun – 4pm

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 *Friday April 26th* , 2013

Please return payment to: Carbondale Area High School

c/o: Eric Larson

Rte. 6, Brooklyn St.

Carbondale, Pa 18407

Scoring: Top 8 in AA and Top 8 in 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 AA and AAA finishers
in all events

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 4pm

100 HURDLES—TRIALS
110 HURDLES—TRIALS
100 M DASH—TRIALS
4X800 RELAY
110 HURDLES— AA FINAL
110 HURDLES -- AAA FINAL
100 HURDLES—AA FINAL
100 HURDLES -- AAA FINAL
100 M DASH— AA FINAL
100 M DASH -- AAA FINAL
1600M
400 METER
4X100 RELAY
300 HURDLES
800 METER
200 METER
3200 M
4X400 Relay

Field Events — Being at 4pm

Pole Vault—Girls
Long Jump—Boys
Javelin—Girls
Discus—Boys
Triple Jump -- Girls
High Jump -- Boys

Long Jump—Girls
Javelin-Boys
Discus—Girls
Triple Jump—Boys
High Jump—Girls

Pole Vault—Boys
Shot Put—Boys
Shot Put—Girls

* No Field Event Finals

Seeding: Entries will be made through Milesplit pa.milesplit.com
Entries due by 5pm on *Wednesday May 1st, 2013*
Seeding Sheets will be emailed to AD's on Thursday May 2nd, 2013

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 ONLY come from Lackawanna League Meets - Times will be verified
3. Medals will be awarded for the **Javelin**, **Pole Vault** and **3200 meter run**. These three events will not be counted for the team plaque scoring since these events are not run during the Jr. High regular season
4. Athletes are to stay in the stands when not in an event being run
5. Girls Events will be run first, then Boys