



JV Championships @ Rocky

5/4/2024

****We will be limiting entries to make this meet into a true JV Championship****

Entry Protocol:

1. Each team is guaranteed to have 3 entries per event. Then we will fill the event with the next best marks up to 48. Meet entry breakdown: 13 teams, each team gets 3 auto entries that equals 39 then we fill in each event with the next best marks to 48 that makes 9 additional athletes that get to compete. This should give each event a great field.
 - a. Please notate your “auto” entries by putting a “1” in the comments on these entries.
 - i. These will be your guaranteed entries.
2. *All entered athletes must have already competed in that event and have a previous mark in Athletic.net.*
3. The “additional” athletes you feel may qualify, notate with a “2” in comments. We will use athletic.net marks to compare and create the list of entries. Only official marks will be used, no converted marks.
4. Each team will be allowed one relay.
5. Since many athletes will be competing at a final chance meet on Thursday, we will keep entries open until *11:59pm on Thursday night, May 2nd.*
6. All entries will be finalized on Friday, May 3rd and meet programs will be sent out by 3pm.

All Field events will begin at 10am except for the girl’s high jump. The Girls High Jump will begin at 9 am and the boys will follow immediately after. This is to ensure that the high jump is not interfered with by the start of the running events.

We will follow in the traditional meet order:

- | | |
|-----------------------------------|-------------------------------|
| 1. 4x800 (1 heat each) | 7. 800 (3 heats each) |
| 2. 4x200 (2 heats each) | 8. 4x100 (2 heats each) |
| 3. 1600 (2 heats each) | 9. 300 Hurdles (6 heats each) |
| 4. 100/110 Hurdles (6 heats each) | 10. 200 (6 heats each) |
| 5. 400 (6 heats each) | 11. 3200 (2 heats each) |
| 6. 100 (6 heats each) | 12. 4x400 (2 heats each) |

All Horizontal Jumps and Throws will have 3 attempts.

Top 9 will go to finals with 3 additional attempts.

Boys & girls long jump followed by boys & girls triple.

Boys & girls pole vault will be going at the same time

Girls high jump followed by boy's high jump (Girls High Jump will begin at 9am boys follow)

Boys shot put followed by girls shot put

Girls discus followed by boys discus

Timer: Tyler Waggoner **Starter:** Jeff Farley and his crew.

Scoring: 10-8-6-5-4-3-2-1 for all events

Awards: top 3 finishers will receive medals and top girls' and boys' teams will receive a trophy.

Entry fees: There will be **NO** entry fees for those that can cover an event, if you wish not to cover an event the entrée fee is \$200 for each team.

The following is a list of events you can choose to cover. Either boys or girls. Discus, shot put, relay zone judges, long jump, triple jump, high jump, we will have rakes, shovels, and crossbars on hand. Just email me your choice of event that you want ASAP. Or send your check to Rocky Mountain Track and Field.

Thanks for your help and understanding with making this an event to look forward to each season.

Brad Abbott

Rocky Mountain High School