

# HIGHLANDER TRACK

## Jack King Memorial Meet Hosted by Three Rivers Bank May 5th, 2022

### RUNNING EVENTS

#### Begin at 5:30 PM

- 1 4x50 Meter Relay - start line 200 meters (8 & under girls)  
4x50 Meter Relay - start line 200 meters (8 & under boys)
- 2 4x100 Meter Relay (9-10 girls, 11-12 girls)  
4x100 Meter Relay (9-10 boys, 11-12 boys)
- 3 800 Meter Dash (Combined age levels and boys/girls together)
- 4 50 Meter Hurdles (8 & under, 9-10 girls) *West Side of Track*  
50 Meter Hurdles (8 & under, 9-10 boys) *East Side of Track*
- 5 80 Meter Hurdles (11-12 girls)  
80 Meter Hurdles (11-12 boys)
- 6 50 Meter Dash (8 & under girls) *West Side of Track*  
50 Meter Dash (8 & under boys) *East Side of Track*
- 7 400 Meter Dash (9-10, 11-12 girls)  
400 Meter Dash (9-10, 11-12 boys)
- 8 100 Meter Dash (8 & under, 9-10, 11-12 girls)  
100 Meter Dash (8 & under, 9-10, 11-12 boys)
- 9 200 Meter Dash (9-10, 11-12 girls)  
200 Meter Dash (9-10, 11-12 boys)

### FIELD EVENTS

#### 5:30 PM

#### High Jump (North Pit)

11-12 boys  
11-12 girls

#### High Jump (East Pit)

9-10 girls after relay  
9-10 boys

#### Javelin (West side by goal post)

11-12 boys  
8 & under boys (after relay)  
9-10 girls (after relay)

#### Javelin (East side by goal post)

11-12 girls  
8 & under girls (after relay)  
9-10 boys (after relay)

#### Shot Put (South end outside of track)

11-12 girls  
11-12 boys

#### Jump Pit #1

11-12 girls triple jump  
8 & under girls long jump  
9-10 boys long jump  
11-12 girls long jump

#### Jump Pit #2

11-12 boys triple jump  
8 & under boys long jump  
9-10 girls long jump  
11-12 boys long jump



Above: Highlander founder and local legend  
Jack King

\*\*\*All Competitors should be entered in no more than 3 events, including relay

To Enter Events: All running entries will be made at the starting line and all field events entries will be made at the field event site

200/400 Meter Dash Note: 8 & under boys and girls run with 9-10 year olds. This must be approved by the head coach