

JUNIOR VARSITY TRACK & FIELD MEET FORMAT

GENERAL INFORMATION

The junior varsity track & field schedule will be posted on the APS Athletic Department website, www.aps.edu/athletics, under *Athletics Calendar*; the host schedule is attached to each scheduled meet. Meet results will be posted on Direct Athletics, www.directathletics.com, within one week following the meet. Meets will not be scored and awards will not be provided.

ENTRIES

Submit entries through Direct Athletics, www.directathletics.com, by 9:00am the day prior to meet. Entries for individual events are limited to five (5) entries per school. Entries for relay events are limited to two (2) entries per school. Outside of individuals/relay teams being scratched, no other entry changes are permitted.

MEET SCHEDULE

A coaches meeting/scratch meeting will be hosted a minimum of fifteen (15) minutes prior to the start of meet. Field events will be conducted as open events and will start and end at listed times including warm-ups. Running events will be conducted in the order listed and on a rolling schedule when maximum number of heats are not necessary.

FIELD EVENTS

High Jump	4:00pm—6:00pm
Pole-Vault	4:00pm—6:00pm
Long Jump*	4:00pm—5:30pm
Javelin*	4:00pm—5:30pm
Shot Put*	4:00pm—5:30pm
Discus*	5:30pm—7:00pm
Triple Jump*	5:30pm—7:00pm

*Two (2) trials in March meets, three (3) trials in April meets

RUNNING EVENTS 4:15pm

4:15pm	3200m Run	1 heat
	4x100m Relay (400m Relay)	2 heats
	100m/110m Hurdles	5 heats
	100m Dash	5 heats
	1600m Run	2 heats
	4x200m Relay (800m Relay)	2 heats
	400m Dash	5 heats
	300m Hurdles	5 heats
	800m Run	3 heats
	Medley Relay	2 heats
	200m Dash	5 heats
	4x400m Relay (1600m Relay)	2 heats