#  **CLEAR LAKE SUB-VARSITY TRACK MEET – JV TRACK LEAGUE**

#### Questions: Email or Contact: Matt Frye

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JV & FRESHMAN RELAYS

INFORMATION SHEET

## Date: Thursday, Feb. 22

##

## Location: **Clear Lake High School**

General Rules: Texas Interscholastic League rules will prevail

Age Limitations: A Freshman contestant must have four (4) years of eligibility including the current year.

Starting Blocks: Will be furnished

Spikes: One-quarter inch

Scoring Relays: 20-16-12-8-4-2

Individual: 10-8-6-4-2-1

Shot and Discus: The 12 lb. Shot and 1.6 kg high school discus will be used

Awards: Individual awards at each event will be handed out at a future meet

Entries: <https://tx.milesplit.com/meets/595752-clear-lake-sub-varsity-invitational-closed-meet-2024>

Password: jvleague

 Or We’ll just line up and go

Field Event Assignments: Every school will work a field event and/or curve, provide a timer, and help with hurdles

**Field Event Worker Assignments**

Long Jump Clear Lake

Triple Jump Clear Falls

High Jump Dickinson

Shot Put Clear Creek

Discus Clear Lake

**Timing Assignments**

1st place Clear Creek

2nd place Clear Falls

3rd place Dickinson

4th place Clear Lake

5th place volunteer if we can

6th place volunteer if we can

**Curve Judges**

1. Clear Creek 2. Clear Falls 3. Dickinson

 **There will be no preliminaries in the running events. All heats will be run against time.**

**Try to stick to 4 ENTRIES PER EVENT(even though MileSplit allows up to 6) in each field and running event, EXCLUDING the 1600 and 3200 which will be unlimited for each division. Only 1 relay team.**

3:15 p.m. Scratch Meeting and event equipment pick will be at start on Press Box side of the track

3:30 p.m. 3200 m run Freshman & JV

**Field Events (4 jumps/ throws)**

 High Jump - J.V.

 Long Jump - Freshman

 Triple Jump - J.V.

 Shot Put - Freshman

 Discus - J.V.

Immediately following first rotation:

 High Jump - Freshman.

 Long Jump - J.V.

 Triple Jump - Freshman

 Shot Put - J.V.

 Discus - Freshman

4:30 p.m. Running Events (Rolling Schedule) all races run against time

 4x100 m relay Freshman & JV

 800 m dash Freshman & JV

 110 m H.H. Freshman & JV 36”—Fresh. 39”-- JV

 100 m dash Freshman & JV

 4 x 200 m Relay Freshman & JV

 400 m dash Freshman & JV

 300 m I.H. Freshman & JV 33”—Fresh. 36”—JV

 200 m dash Freshman & JV

 1600 m run Freshman & JV

 4x400 m relay Freshman & JV