

Athletic Department
NORTON BLUEJAYS

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NJHS INVITATIONAL TRACK MEET

April 7th, 2022

9:30 am

TO: Agra-Thunder Ridge, Colby, Hill City, Logan, Northern Valley, Oberlin, Phillipsburg, Quinter, & Scott City.

FROM: George Rossi, NJHS Track Coach & Bill Johnson, NJHS Athletic Director.

Superintendent

Corey Roy
supt@usd211.org

Principal

Bill Johnson
bjohnson@usd211.org

Athletic Director

Bill Johnson
bjohnson@usd211.org

Athletic Secretary

Jodi Roe
jroe@usd211.org

NJHS Head Coaches:

NJHS Volleyball

Melissa Granberry
mgranberry@usd211.org

Football

Logan Kats
lkats@usd211.org

Boys Basketball

Joe Cox
joerob112@yahoo.com

Girls Basketball

Kristen Fahrenbruch
kfahrenbruch@usd211.org

Wrestling

Todd Bolt
tbolt@usd211.org

We will use ks.milesplit.com for our entries.

- Go to ks.milesplit.com
- Click on "Calendar" at top of the screen
- Choose the meet you are registering for "Norton Jr High Invitational"
- Click on "Registering Now"
- Click on "next" at bottom of the screen
- If you're new to milesplit type in your school name in the search box and click "search"
- Choose your team from the list at the bottom of the screen
- Click on "Claim this Team"
- Fill in the 3 boxes and click on "Submit Claim"
- It may take several hours(up to 24) for your account to get approval

Javelin:

We will be throwing the 600 gram javelin. Teams will need to bring their own javelins (javelins will be required to be in a bag/container when not in use at the event site). We anticipate the Javelin event to be held inside the car race track on the Legion Baseball Field.

ENTRIES: Due online by Tuesday, April 5th @ 8:00 pm. You can email changes after the cut-off to pmarshp75@gmail.com. We will be using online entries at ks.milesplit.com to enter athletes. Please assign a time or distance to athletes so they can be heated accordingly. If there is no time the athlete will be randomly assigned a heat. You may enter three athletes per event. The exception is the 100m dash, where you may enter unlimited entries.

COACHES MEETING: There will be a Coaches meeting @ 9:00 am in the east locker room building (south locker room). Scratches will be made at this time. **No additions or substitutions will be allowed at the meet.**

ENTRY FEE: \$120.00 per school—Covers 7th (B&G) and 8th (B&G)

TIMING OF MEET: We have contracted with Paul Marshall Timing Service to time the track meet.

TIME SCHEDULE: Schedule of events enclosed:

Coaches Meeting	9:00 am
Field Events	9:30 am
3200	1:00 pm
Running Events	1:45 pm (approx)

SCORING & AWARDS: Scoring will be 10-8-6-4-2-1 for individual events and relays. Places will be determined by times so there will be no finals. Three trials will be given in the long jump, discus, triple jump and javelin. Trophies will be awarded to the 1st & 2nd place teams for each grade and gender, medals 1st, 2nd and 3rd place and ribbons for 4th, 5th, & 6th place.

TRACK SURFACE: The track and jumping runways are rubberized latex. **Spikes no longer than 1/8 inch are allowed.** Starting blocks will be furnished. Discus & Shot put areas are concrete.

TEAM INFO: Team camp areas will be designated upon arrival. Restrooms are available. Please have your athletes pick up their belongings and trash when they leave the track area. No lounging in the jump pits. Keep athletes in your designated team camp areas and out of other team camps.

3/21/22

NORTON JUNIOR HIGH INVITATIONAL TRACK MEET
Thursday, APRIL 7, 2022

ORDER OF EVENTS

9:30 am

Field Events

Discus	8G, 7G (south)
Discus	8B, 7B (north)
Shot put	7B, 8B (west)
Shot put	7G, 8G (east)
Javelin Girls	7G, 8G (Softball field Elmwood park)
Javelin Boys	7B, 8B (Legion Field/Race Track)
Long Jump	8G, 7G, 7B, 8B (East Pit)
High Jump	7G, 8G, 7B, 8B
Pole Vault	8G, 8B, 7G, 7B (might put girls together)
Triple Jump	8B, 7B, 8G, 7G (West Pit)

(Pole Vault and Triple Jump will alternate using the same runway)

Starting Heights

High Jump	7G – 3'8", 8G – 3'10", 7B – 4'2", 8B – 4'4"
Pole Vault	7G – 5', 8G – 5', 7B – 6', 8B – 6'6"

1:00 pm 3200M 8G/8B , 3200M 7G/7B

1:45 pm (approx) Running Events

100M Hurdles	7G, 8G, 7B, 8B (8B will be 33" high)
100M Dash	7G, 8G, 7B, 8B
1600M Run	7G, 8G, 7B, 8B
4x100m Relay	7G, 8G, 7B, 8B
400M Dash	7G, 8G, 7B, 8B
4x200m Relay	7G, 8G, 7B, 8B
800M Run	7G, 8G, 7B, 8B
200M Hurdles	7G, 8G, 7B, 8B
200M Dash	7G, 8G, 7B, 8B
4x400M Relay	7G, 8G, 7B, 8B

3/21/2022