

# JUNIOR VARSITY TRACK & FIELD MEET FORMAT

## GENERAL INFORMATION

The junior varsity track & field schedule is posted on the APS Athletic Department website, [www.aps.edu/athletics](http://www.aps.edu/athletics), under *Athletics Calendar*; the host schedule and host responsibilities are attached to each scheduled meet. Meet results will be posted on Direct Athletics, [www.directathletics.com](http://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](http://www.directathletics.com), by 9:00am the day prior to meet. Entries for individual events are limited to eight individuals in the 100m/200m dash, six individuals in all other events, and two relay teams per relay. Other than individuals/relay teams being scratched, no entry changes including heat and/or lane assignments are permitted.

## MEET SCHEDULE

Host A coach will conduct a coaches meeting/scratch meeting a minimum of fifteen minutes prior to the first scheduled event. 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

Three trials time permitting

### RUNNING EVENTS

4:15pm	3200m Run	1 heat
	4x100m Relay (400m Relay)	2 heats
	100m/110m Hurdles	6 heats
	100m Dash	8 heats
	1600m Run	2 heats
	4x200m Relay (800m Relay)	2 heats
	400m Dash	6 heats
	300m Hurdles	6 heats
	800m Run	4 heats
	Medley Relay	2 heats
	200m Dash	8 heats
	4x400m Relay (1600m Relay)	2 heats