



**MC Junior High  
Squaw Creek Relays  
April 8, 2024  
Schedule of Events**

**Coaches Meeting at 3:30**

**North end of the track by water tower. No additions or substitutions**

**Field Events Starting at 4:00**

**4 Throws or Jumps**

**Shot put- Girls followed by boys**

**Discus-Boys followed by girls**

**Triple Jump- Girls followed by boys**

**Long Jump- Boys followed by girls**

**3 Attempts at Each Height**

**High Jump- Boys followed by Girls**

**Pole Vault-Girls followed by boys**

**Running Events Starting at 5:00**

**Girls Followed by Boys**

**100m Hurdles (girls) Finals**

**100m Hurdles (boys) Finals**

**100m Dash Finals**

**4 x 200m Relay Finals**

**1600m Run Finals**

**4 x 100m Relay Finals**

**400m Dash Finals**

**800m Run Finals**

**200m Dash Finals**

**4 x 400m Relay Finals**

**Participating Schools: Mound City, Mid-Buchanan, South Holt, North Andrew, North Nodaway, Nodaway Valley, Northeast Nodaway, Osborn/Stewartville, East Atchison, St. Gregory's, St. Joseph Christian, Platte Valley, DeKalb, and Rock Port**