

2024 275 JH/HS Conference Track Meet
Tarkio, Mo.
Tuesday, April 30, 2024

12:00 PM Coaches' Meeting. No additions or substitutions

Field Events – High School-4 throws or jumps, No Finals
Junior High-3 throws or jumps, No Finals

12:30 PM	Shot Put – JH Girls, HS Girls, JH Boys, HS Boys	(Stewartsville/Osborn)
	Discus – HS Boys, JH Boys, HS Girls, JH Girls	(Nodaway Valley)
	Triple Jump – HS Girls, HS Boys, JH Girls, JH Boys	(Rock Port)
	Long Jump – JH Boys, JH Girls, HS Boys, HS Girls	(DeKalb/Union Star)
	Javelin (HS Only)-HS Girls, HS Boys	(Mound City)

3 Attempts at each height

High Jump – JH Girls, HS Girls, JH Boys, HS Boys	(Platte Valley)
Pole Vault – HS Boys, JH Boys, HS Girls, JH Girls	(East Atchison)

Exchange Zones and cut-ins (Northeast Nodaway, South Holt, North Nodaway)

Track Events -FINALS ONLY

3:00 PM	4 X 800 Relay	HS Girls, HS Boys
	100m Low Hurdles	JH Girls
	100m Hurdles	JH Boys, HS Girls
	110m Hurdles	HS Boys
	100m Dash	JH Girls, JH Boys, HS Girls, HS Boys
	4 X 200 Relay	JH Girls, JH Boys, HS Girls, HS Boys
	1600m Run	JH Girls, JH Boys, HS Girls, HS Boys
	4 X 100 Relay	JH Girls, JH Boys, HS Girls, HS Boys
	400m Dash	JH Girls, JH Boys, HS Girls, HS Boys
	300m Hurdles	HS Girls, HS Boys
	800m Run	JH Girls, JH Boys, HS Girls, HS Boys
	200m Dash	JH Girls, JH Boys, HS Girls, HS Boys
	3200m Run	HS Girls, HS Boys
	4 X 400 Relay	JH Girls, JH Boys, HS Girls, HS Boys