

**JV Metro Track Meet  
2019 Host - Brandon Valley  
Thursday, April 4, 2019  
Brandon Valley/SF Lincoln/ SF O’Gorman/SF Roosevelt/SF Washington**

**This is a participation meet for JV athletes. We will flight and heat as best as possible based on ability. First heat is fast heat.**

**Unlimited entry, within reason.**

**We will heat athletes at the start line, at the meet. EVERY ATHLETE MUST HAVE THEIR COMPETITOR NUMBER ON THE BACK OF THEIR HAND WHEN THEY REPORT TO THE CLERK. Field event contestants will report and enter at the event – THEY NEED THEIR COMPETITOR NUMBER ON THEIR HAND, ALSO. **ROSTERS WILL BE TAKEN FROM THE SDHSAA SITE ON TUESDAY, APRIL 2 AT 12:00 P.M. WE WILL SEND COMPETITOR NUMBERS ON WEDNESDAY.** Questions on athlete numbers can be directed to Paul Berndt at [paul.berndt@k12.sd.us](mailto:paul.berndt@k12.sd.us) or contact Meet Director, Randy Marso with questions.**

Starting Time: 4:00 PM – Rolling Schedule.

Events:	4 x 800 M Relay	Together
	100 M High Hurdles	Girls
	110 M High Hurdles	Boys
	100 M Dash	Girls, then Boys
	4 x 200 M Relay	Girls, then Boys
	1600 M Run	Girls, then Boys
	4 x 100 M Relay	Girls, then Boys
	400 M Run	Girls, then Boys
	300 M Hurdles	Girls, then Boys
	Sprint Medley	Girls, then Boys (200, 200, 400, 800)
	800 M Run	Girls, then Boys
	200 M Dash	Girls, then Boys
	3200 M Run	Together
	4 x 400 M Relay	Girls, then Boys

**Field Events: 4:00 Start**

* Shot Put	Girls, then Boys	* = Three Throws
* Discus	Boys, then Girls	# = Three Jumps
# Long Jump	Boys, then Girls (Outside Pit)	
High Jump	Girls, then Boys	
# Triple Jump	Girls, then Boys (Inside Pit)	
Pole Vault	Girls, then Boys	