

McCool Jct. Junior High Track & Field Meet

DATE: Wednesday April 23, 2025 at McCool Junction.

TIME: Scratch meeting at **9:15 am** in the **cafeteria/gym area** (through south doors of gym)
-field events begin at **10:00 am** -running events begin at **12:30 pm**

ENTRIES: Entries will be made **online** using this website:

lets.gobound.com

Entries will be entered through the **Bound** Website. If you already have an account, log in at <https://lets.gobound.com/> and go to meet entries to enter your athletes. If you have not registered, please contact brian@blacksquirreltiming.com to get signed up. There will be no meet website link.

---->NOTE: We are running both the 1600 METER RUN and the 1200m; the Crossroads Conference track meet includes the 1600, so this will give athletes a chance to run that actual race prior to the conference meet.

-ENTRIES DUE on bound.com before MONDAY, April 21 by 6:00 PM.

- Entry Fee is **\$120** per school. Send check or bring to meet.

SCORING & AWARDS: Plaques for champions in boys and girls competition.

Ribbons for 6 places, all events. Scoring: 10-8-6-4-2-1.

-Results & awards will be available after the meet and will be emailed to all schools.

---> All races will be **finals against time**. Times will be recorded to .01 seconds.

---> Field events will be 4 attempts and no finals.

FACILITIES: We have a rubberized surface with 8 lanes on the homestretch and 6 lanes on the turns. Restrooms on west side of the field house. As usual, please keep athletes out of the school and clean up team camp area afterward. **There are to be no team camps on the infield - set up in areas outside of the track.**

BUSES should park on old highway on west side of track.

SPIKES: Use 1/8 - 1/4" spikes only.

TEAMS: Hampton, Heartland, Kenesaw, McCool Jct, Meridian, Giltner, Parkview Christian.

TIMERS & PICKERS: Jabe Wurtz/White Elephant Timing

Exchange zones: TBA

FIELD EVENTS:

Shot boys & girls - McCool Jct

Discus girls/boys - Kenesaw/Heartland

HJ boys & girls - Hampton

LJ & TJ girls - McCool Jct

LJ & TJ boys - Parkview & Meridian

PV boys & girls - Giltner

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McCool Junior High Invitational Track Meet **ORDER OF EVENTS**

9:15 a.m. Scratch & add meeting for coaches in cafeteria on south end of gymnasium.

10:00 a.m. **Field events - 4 attempts no finals**

1st

Boys Shot

--followed by--

2nd

Girls Shot

Girls High Jump

Boys High Jump

Girls Discus

Boys Discus

Girls Long Jump (east pit by PV)

Girls Triple Jump (east pit by PV)

Boys Long Jump (new west pit)

Boys Triple Jump (new west pit)

Boys Pole Vault

Girls Pole Vault

12:30 p.m. **Track Events: All Finals against time**

(Girls events run first)

1600 Meter Run

100 Meter Hurdles (30") - Girls

100 Meter Hurdles (33") - Boys

100 Meter Dash

400 Meter Dash

200 Meter Hurdles (30")

800 Meter Run

200 Meter Dash

400 Meter Relay

1200 Meter Run

1600 Meter Relay