



# GRAND RIVER CONFERENCE TRACK & FIELD



## King City High School

King City, MO  
April 30th, 2024

**10:00am** Implement Weigh-in (HS Only)      **10:30am** Coaches meeting- scratches only

**11:00am** Field Events      **3:30pm** Running Events

**THE GRC SCHOOLS:** Albany, King City, North Andrew, North Harrison, Pattonsburg, Princeton, St. Joseph Christian, Stanberry, Worth County

### FIELD EVENTS

HS-4 Jumps/Throws- JH 3 Jumps/Throws–Rolling Schedule (Approximate times\*)

<u>EVENT</u>	<u>11:00AM*</u>	<u>12:00PM*</u>	<u>1:00PM*</u>	<u>2:00PM*</u>
Shot Put	HSG	JHG	JHB	HSB
Discus	JHB	HSB	HSG	JHG
Javelin	HSB	HSG		
Long Jump	HSG	HSB	JHG	JHB
Triple Jump	JHG	JHB	HSG	HSB
High Jump	HSB	JHG	JHB	HSG
Pole Vault	JHB	HSG	HSB	JHG



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### TRACK EVENTS

All events are JHG-JHB-HSG-HSB, unless otherwise noted

**1:30** 3200m Run

**3:30** Running events begin with a rolling schedule

4x800m Relay	Finals
100m Hurdles (JHG, JHB, HSG)	Finals
110m High Hurdles (HSB)	Finals
100m Dash	Finals
4x200m Relay	Finals
1600m Run	Finals
4x100m Relay	Finals
400m Dash	Finals
300m Low Hurdles (HSG)	Finals
300m Int. Hurdles (HSB)	Finals
800m Run	Finals
200m Dash	Finals
4x400m Relay	Finals

*Scoring-points awarded to top six places(10-8-6-4-2-1)*

*Medals- top four places in individual events, top 3 places for relays*