

Rooks County Track Club Track Meet Schedule of Events

Field Events 8:30AM first session will begin right at 8:30 warm-up jumps and throws should be complete and ready to go!

Long Jump (West Pit)- Boys 11-12

Long Jump (East Pit)- Girls 11-12

Softball Throw (Practice Field North Ring)- Girls 4-6 followed by Boys 4-6

Softball Throw (Practice Field South Ring)- Girls 7-8 followed by Boys 7-8

Javelin (Practice Field North Runway)- Girls 9-10

Javelin (Practice Field South Runway)-Boys 9-10

Field Events 9:00AM or when first session is complete for Long jump and Javelin

Long Jump (West Pit)- Boys 7-8

Long Jump (East Pit)- Girls 7-8

Shot Put (North)- Girls 11-12

Shot Put (South)- Boys 11-12

High Jump- Girls 9-10 followed by Boys 9-10

Javelin (Practice Field North Runway)- Girls 4-6

Javelin (Practice Field South Runway)- Boys 4-6

Field Events 9:30AM or when second session is complete for Long Jump, Javelin, High Jump and Shot Put

Long Jump (West Pit)- Boys 4-6

Long Jump (East Pit)- Girls 4-6

Javelin (Practice Field North Runway)- Girls 7-8

Javelin (Practice Field South Runway)- Boys 7-8

Shot Put (North)- Girls 9-10

Shot Put (South)- Boys 9-10

High Jump- Girls 11-12 followed by Boys 11-12

Field Events 10:00AM or when third session is complete for Javelin

Discus (Practice Field South Ring)- Girls 9-10 Followed by Boys 9-10

Javelin (Practice Field North Runway)- Girls 11-12

Javelin (Practice Field South Runway)- Boys 11-12

Field Events 10:30AM last session

Discus (Practice Field South Ring)- Girls 11-12 followed by Boys 11-12

Long Jump (West Pit)- Boys 9-10

Long Jump (East Pit)- Girls 9-10

Running Events 11:30AM

All running events will run youngest to oldest age groups with girls followed by boys.

75 meter hurdles 30 inches 11-12

50 meter hurdles 30 inches 9-10

800 meter

100 meter

50 meter

50 meter littles fun dash 5 and under

400 meter

1600 meter

200 meter

4X100 meter relay

Parent/coaches relay