

2018
JONESBORO JUNIOR INVITATIONAL
TRACK MEET

at
Jonesboro High School -- Thursday – March 29, 2018

2:45 Implement Weigh-In (Boys Shot Only – must be 4K) –Coaches can start paying entry fees if needed /
CAN ALSO PICK UP SCRATCH SHEETS TO CHECK ENTRIES AT FINISH LINE TENT – **SCRATCHES**
ONLY!!!

3:00 **COACHES MEETING** (*at Ready Benches*)

ALL LANE ASSIGNMENTS WILL BE MADE BY THE CLERK AT THE READY BENCHES

Field Events at 3:30

Triple Jump ----- Boys/Girls
Long Jump Girls/Boys
High Jump ----- Boys/Girls
Shot Put ----- Boys/Girls
Discus ----- Girls/Boys
Pole Vault ----- Girls/Boys

4 x 800m Relay (Girls/Boys) at 4:30

Running Event Finals at Approx. 5:45

(All finals will be run Girls then Boys)

100m/110m Hurdles
100m Dash
1600m Run
4 x 100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
4 x 400m Relay

NOTES TO COACHES / GENERAL INFORMATION:

**ONCE THE RUNNING EVENTS START AND THE GATES BY FINISH LINE AREA
ARE LOCKED – ALL ATHLETES AND COACHES WILL NEED TO ACCESS THE
TRACK AND FIELD THROUGH GATES ON THE EAST END (SCOREBOARD END)
OF THE TRACK**

**** PLEASE NO TAPE for marks on runways or the track – chalk will be provided at PV, LJ, TJ –
markers will be at the exchange zones for the 4 x100m Relay**

**** No gum – candy – sunflower seeds – food items --- or drinks besides water on the track or turf area.**

* **COACHES BE SURE TO TURN IN YOUR ENTRY FEES – SEE COACH BREWER (\$40 per team or \$80 per school for both Boys & Girls)**

* **TEAM CAMPS** – Can use HOME BLEACHERS – NO camps on the west end outside of the track --- PLEASE ***DON'T CAMP in the far WEST SECTION OF THE HOME BLEACHERS (that is the section nearest the finish line)***– THERE SHOULD BE NO ATHLETES IN THAT SECTION

*Pick-up Ribbons AT THE SCORING AND TIMING TENT BY THE FINISH LINE at the conclusion of the meet.

* **Restrooms** are available on the Press Box side under the bleachers and also on the visitors side--please keep your athletes out of the JHS Fieldhouse.

*KEEP YOUR ATHLETES THAT AREN'T COMPETING or WARMING UP in camps and off of the infield ATHLETES SHOULD USE THE DESIGNATED WARM –UP AREA BEHIND THE RESTRAINING LINE ON THE INFIELD

***RESULTS** will be posted on **MileSplit** (*after the meet*) – **LIVE RESULTS DURING THE MEET** *go to your app store on your mobile device and go to **YTiming** (I think there is a one time charge for this app – not a monthly or annual fee)*

*** UNIFORM RULES WILL BE ENFORCED –if an athlete is asked by a meet official to take something off or alter something –they should comply.

- **PLEASE STAY OUT OF THE FINISH LINE TENT AREA -- IF YOU HAVE ANY QUESTIONS OR CONCERNS SEE COACH MACKEY, COACH DARBY, COACH SMITH, OR SID BANKS (REFEREE- HEAD FINISH JUDGE)**

JONESBORO TRACK FACILITY

Triple Jump Runway Conversion Chart

Can use this chart to convert markings on the runway for TJ lines -- the markings on the runway are distance to the Long Jump take-off board.

Left Runway (9' to pit from LJ take-off board)

Triple Jump Take-Off Lines

<u>LJ Runway Marking</u>	<u>24'</u>	<u>28'</u>	<u>32'</u>	<u>36'</u>	<u>40'</u>
30'	15	11	7	3	
40'	25	21	17	13	9
50'	35	31	27	23	19
60'	45	41	37	33	29
70'	55	51	47	43	39
80'	65	61	57	53	49
90'	75	71	67	63	59
100'	85	81	77	73	69
110'	95	91	87	83	79
120'	105	101	97	93	89

130'	115	111	107	103	99
140'	125	121	117	113	109
150'	135	131	127	123	119

*** this is in 10' increments -- just add 1' for each foot as you count up to the next 10' mark

Example -- a run from the 84' line (and jumping from the 24' TJ take-off mark) on the runway would be 69' took the distance for a run from the 80' line and added 4' to determine what the distance was to the 24' take-off line.

Right Runway (6' to pit from LJ take-off board)

Triple Jump Take-Off

Lines

<u>LJ Runway Marking</u>	<u>16'</u>	<u>20'</u>	<u>24'</u>	<u>28'</u>	<u>32'</u>	<u>36'</u>
30'	20	16	12			
40'	30	26	22	18	14	10
50'	40	36	32	28	24	20
60'	50	46	42	38	34	30
70'	60	56	52	48	44	40
80'	70	66	62	58	54	50
90'	80	76	72	68	64	60
100'	90	86	82	78	74	70
110'	100	96	92	88	84	80
120'	110	106	102	98	94	90
130'	120	116	112	108	104	100
140'	130	126	122	118	114	110
150'	140	136	132	128	124	120