



WINFIELD ACTIVITIES DEPARTMENT

ROBERT JAMES –ACTIVITIES DIRECTOR

STACEY DIEDERICH – ACTIVITIES ASSISTANT

2017 GAC North Championships

May 5th

Coaches Meeting- 3:00 (@ Finish Line)

Field Events- 3:30

Running Events- 4:00

- Winfield High School
- JV/Varsity Girls & Boys
- **Entries: REGISTER ONLINE** (two (2) athletes per event from each school with one (1) relay team for Varsity and three (3) athletes per event from each school with one (1) relay team for JV)
- Starting heights will be determined at the coaches meeting.
- Medals - Top 3 places -- Plaque for team champion.
- Teams are responsible for their valuables. No dressing facilities will be available.
- 1/4" or less spikes are allowed on the track and runway surfaces.
- Buses will park near the concession stand, an Admin should meet you upon arrival.
- The concession stand will be open!

Field Events Start at 3:30

Horizontal Jumps-

3:30-5:00 JV/V Boys Triple Jump (4 Jumps Cafeteria Style JV/V Combined)
3:30-5:00 JV/V Girls Long Jump (4 Jumps Cafeteria Style JV/V Combined)
3:30-5:00 JV/V Boys Long Jump (4 Jumps Cafeteria Style JV/V Combined)
3:30-5:00 JV/V Girls Triple Jump (4 Jumps Cafeteria Style JV/V Combined)

Throws- (Groups will throw in order listed below. Listen for Calls)

3:30 Discus – Varsity Boys, JV Boys, Varsity Girls, JV Girls
3:30 Shot Put – Varsity Girls, JV Girls, Varsity Boys, JV Boys
Javelin – Will take place after Shot and Discus are completed.

High Jump- (Groups will throw in order listed below. Listen for Calls)

3:30 Varsity Girls, JV Girls, Varsity Boys, JV Boys

Pole Vault- (Groups will throw in order listed below. Listen for Calls)

3:30 Varsity Boys, JV Boys, Varsity Girls, JV Girls



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Time Schedule

RUNNING EVENTS: Junior Varsity precedes Varsity

Girls	4 x 800 Meter Relay
Boys	4 x 800 Meter Relay
Girls	100 Meter High Hurdles
Boys	110 Meter High Hurdles
Girls	100 Meter Dash
Boys	100 Meter Dash
Girls	4 x 200 Meter Relay
Boys	4 x 200 Meter Relay
Girls	1600 Meter Run
Boys	1600 Meter Run
Girls	4 x 100 Meter Relay
Boys	4 x 100 Meter Relay
Girls	400 Meter Dash
Boys	400 Meter Dash
Girls	300 Meter Low Hurdles
Boys	300 Meter Intermediate Hurdles
Girls	800 Meter Run
Boys	800 Meter Run
Girls	200 Meter Dash
Boys	200 Meter Dash
Girls	3200 Meter Run (JV&V together)
Boys	3200 Meter Run (JV&V together)
Girls	4 x 400 Meter Relay
Boys	4 x 400 Meter Relay

