



WINFIELD ACTIVITIES DEPARTMENT

ROBERT JAMES –ACTIVITIES DIRECTOR

STACEY DIEDERICH – ACTIVITIES ASSISTANT

2021 GAC North Championships

May 5 Throwers Meet at 4:00 (Javelin/Shot/Discus)

May 6 (Rest of Meet)

Coaches Meeting- 3:00 (@ Finish Line)

Field Events- 3:30

Running Events- 4:00

- Winfield High School
- Entry Fees: GAC North shared expense
- JV/Varsity Girls & Boys
- **Entries: REGISTER ONLINE at MOMileSplit** (two (2) athletes per open event from each school with one (1) relay team for Varsity and three (3) athletes per open event from each school with one (1) relay team for JV)
- **The online registration will close Wednesday May 5th at 8:00 AM. All entries must be submitted by that time.**
- 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!
- Individual event scoring: 8-6-4-2-1 with relay scoring: 8-6-4-2

Throwers Meet on May 5th will begin at 4:00 at Winfield Middle School Football Field (207 8th Street)

Javelin – Located at the MS at 4:00 (Will complete both Boys and Girls and then go to the HS)

Shot – Girls will throw first followed by Boys

Discus – Boys will throw first followed by Girls

Field Events Start at 3:30 on May 6th

Horizontal Jumps- (Groups will jump in order listed below. Listen for Calls)

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)



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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

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
