

Minooka Junior High Track and Field  
Home Meet Order of Events and Approximate Times

*\*\*\*The following times are approximate and may run ahead or behind due to the number of heats\*\*\**

**Scheduled 4:30 pm start** [Official start times vary due to travel time for competing schools]

**Order of Events:**

3:30 - Minooka Girls and Boys Exhibition Events

- 100, 400, 1600, Long Jump, Shot Put and Discus

4:30 - 110/100 Meter Hurdles (7th boys, 8th boys, 7th girls, 8th girls) - *All participating schools*

Exhibition hurdle race will be run after the girls races

4:40 - Boys go to Field Events and girls continue with Running Events

**Field Event Order:**

Shot - 7th/8th (3 throws)

Discus - 8th/7th (3 throws)

High Jump - 7th/8th (starting heights: Girls 3'8" & 3'10" Boys 3'10" & 4'2")

Long Jump - 8th/7th (3 jumps)

Pole Vault - 7th and 8th grade together (starting heights: Girls 5'6"; Boys 6')

**Girls Running Events:**

4:40 - 100 Meter Dash

4:45 - 1600 Meter Dash

5:00 - 4 X 200 Meter Relay

5:05 - 4 X 100 Meter Relay

5:10 - 400 Meter Dash

5:20 - 200 Meter Dash

5:25 - 800 Meter Run

5:40 - 4 X 400 Meter Relay

5:45 - Girls will transition to field events and boys will start running events

**Boys Running Events:**

5:50 - 100 Meter Dash

5:55 - 1600 Meter Dash

6:10 - 4 X 200 Meter Relay

6:15 - 4 X 100 Meter Relay

6:20 - 400 Meter Dash

6:30 - 200 Meter Dash

6:35 - 800 Meter Run

6:50 - 4 X 400 Meter Relay