

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
Start times vary due to travel time for competing schools

Order of Events:

3:30 – Girls and Boys Exhibition Events (100, 400, Long Jump, Shot Put and Discus)

4:00 - 110/100 Meter Hurdles (7th boys, 8th boys, 7th girls, 8th girls)

Exhibition hurdle race will be ran after girls

4:10 - 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:

4:10 - 100 Meter Dash

4:15 - 1600 Meter Dash

4:30 - 4 X 200 Meter Relay

4:35 - 4 X 100 Meter Relay

4:40 - 400 Meter Dash

4:50 - 200 Meter Dash

4:55 - 800 Meter Run

5:10 - 4 X 400 Meter Relay

5:10 – Girls will transition to field events and boys will start running events

Boys Running Events:

5:20 - 100 Meter Dash

5:25 - 1600 Meter Dash

5:30 - 4 X 200 Meter Relay

5:35 - 4 X 100 Meter Relay

5:40 - 400 Meter Dash

5:50 - 200 Meter Dash

5:55 - 800 Meter Run

6:10 - 4 X 400 Meter Relay