

**Tuesday May 13, 2025**  
**Girl's Lake Conference JV Championship**  
**Meet Begins 4:00PM**

**Location:** Wayzata High School

**Tickets:** Admission is Free

**Running Entries:** Limit to 10 entries per event per school and one relay entry for each relay per school.

**Results:** FAT Timing provided by Wayzata Results

**\*Meet will begin at 4PM - Clerking will take place on the table near the 100m start line. Please make sure athletes know their heat and lane assignments before arriving!**

**TRACK EVENTS** (Meet begins 4PM) - ROLLING SCHEDULE

4x800 Relay

100 Hurdles

100

4x200 Relay

1600

4x100 Relay

400

300m Hurdles

800

200

3200

4x400m Relay

**FIELD EVENTS**

<b>EVENT</b>	<b>DETAILS</b>
Triple Jump	Cafeteria Style (4 Jumps)
Long Jump	Cafeteria Style (4 Jumps)
High Jump	Opening Height: 4' or as determined by coaches
Pole Vault**	<b>Starting Height determined by coaches → 1' increments then 6" increments beyond 7'6"</b>
Discus	4 Throws - Flights made at event
Shot Put	4 Throws - Flights made at event

\*\*Pole Vault will be moved indoors to the Activity Center if poor/inclement weather

**ALL FIELD EVENTS CLOSE AT START OF THE 4x400**