

2019 JV NFL Championship Meet

Date: Monday, May 20

**Time: 4:00 coaches meeting
4:30 start**

Site: Lockport - Emmet Belknap Middle School

Entries:

- *** 4 entries per school per individual event (only a six lane track)**
- *** 1 relay per team**
- *** athletes may be entered in no more than 4 events**
- *** AN ATHLETE PARTICIPATING IN THIS MEET CANNOT BE ENTERED IN THE VARSITY NFL MEET**
- *** all running events are timed finals (seeded slow to fast in heat races)**
- *** all track events are girls, followed by boys**
- *** field events will be four attempts-NO FINALS**
- *** milesplit will be used for entries (more information will follow)**

- *** concessions will be available**

ORDER OF EVENTS

**3200m Relay
100/110 High Hurdles
100m
1500/1600m
400m
400m Intermediate Hurdles
800m
200m
3000/3200m
400m Relay
1600m Relay**

**Long Jump - Boys then Girls
Triple Jump - Girls then Boys
Shot Put - Boys then Girls
Discus - Girls then Boys
High Jump - Girls then Boys
Pole Vault - Boys then Girls**