

# Three Rivers Conference Junior High Track Meet Heights/Regulations

7th / 8th Boys Hurdles: 200 Hurdles = 30" height, 100 Hurdles = 33" height

8th / 9th Boys Hurdles: 300 Hurdles = 36" height, 110 Hurdles = 39" height

7th / 8th Girls Hurdles: 200 Hurdles = 30" height, 100 Hurdles = 30" height

8th / 9th Girls Hurdles: 300 Hurdles = 30" height, 100 Hurdles = 33" height

Shot and Discus: Both will consist of 3 preliminary throws, and then the top 10 will get 3 additional throws in finals (3 + 3 format)

Long/Triple Jumps: Both will consist of 3 preliminary jumps, and then the top 10 will get 3 additional jumps in the finals (3 + 3 format)