

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 4 throws and no finals.

Long/Triple Jumps: Both will consist of 4 jumps and no finals.