

Santee Kiwanis Junior Olympics
 Saturday, April 20, 2024, West Hills High School
Schedule of Events

Running Events – Junior High and 6th Grade 7:30 A.M. Start Time

<u>Time</u>	<u>Grade</u>	<u>Event</u>	<u>Number of Heats to be Run</u>
7:30 A.M. ***	7 th and 8 th **	Mile Run	One heat each Girls and Boys (Waterfall Start)
7:45	8 th	4 x 100 Relay	One heat all Girls and one heat all Boys
8:00	7 th	4 x 100 Relay	One heat all Girls and one heat all Boys
8:15	6 th	4 x 100 Relay	One heat all Girls and one heat all Boys
8:30	7 th and 8 th **	800 Meter Run	One heat (or more if necessary) Girls and boys
8:50	8 th	100 Meter Dash	Up to three heats Girls and Boys
9:10	7 th	100 Meter Dash	Up to three heats Girls and Boys
9:30	6 th	100 Meter Dash	Up to three heats Girls and Boys
9:50	8 th	400 Meter Run	Up to three heats Girls and Boys
10:15	7 th	400 Meter Run	Up to three heats Girls and Boys
10:40	6 th	400 Meter Run	Up to three heats Girls and Boys
11:00	8 th	200 Meter Run	Up to three heats Girls and Boys
11:20	7 th	200 Meter Run	Up to three heats Girls and Boys
11:40	6 th	200 Meter Run	Up to three heats Girls and Boys
12:00	6 th	50 Meter Dash	Up to three heats Girls and Boys

Field Events – Jr. High and 6th Grade Girls and Boys

7:30 – 9:00	8 th	Long Jump	(Boys south pit, Girls, north pit)
9:00-10:15	7 th	Long Jump	(Boys, south pit, Girls north pit)
10:15=11:30	6 th	Long Jump	(Boys, south pit, Girls north pit)
7:30-9:00	8 th	Shot Put	Boys and Girls
9:00-10:15	7 th	Shot put	Boys and Girls
10:15-11:30	6 th	Shot Put	Boy and girls

Running Events – 4th, 5th, Grade Girls and Boys – 1215 Start Time

12:20	4, 5	4 x 100 Relay	One heat each grade level, Girls and Boys
12:35	4, 5	200 Meter Run	Up to 3 heats Girls and Boys
12:55	4, 5	50 Meter Dash	Up to four heats each grade level, Girls and Boys
1:25	4, 5	100 Meter Run	Up to 4 heats girls and boys

FIELD EVENTS

12:15	4	Long Jump	Girls, south pit; Boys, north pit
1:00	5	Long Jump	Same set-up
12:15	4	Softball Throw	B&G
1:00	5	Softball throw	B&G

Remember Please: *Only three boys or three girls per school, per event (except relays, of course). **Not counting the relays, each participant may take part in a maximum of three events—two track events and one field event.**

** 7th and 8th grade will be running the mile and perhaps the 800 Meter together but times will be separate.

* NO SPIKES ARE PERMITTED.

***** ONCE THE MEET IS UNDERWAY AT 7:30 A.M., STARTING TIMES ARE APPROXIMATIONS. ALL 6th, 7th and 8th GRADE ATHLETES MUST BE ON THE FIELD AT 0730 AND REMAIN UNTIL 6TH 7TH AND 8TH GRADE EVENTS ARE COMPLETE. FOR 4TH AND 5TH GRADES, BE THERE AT THE TIME THE YOUR COACH PRESCRIBES BUT NO LATER THAN 30 MINUTES BEFORE YOUR SCHEDULED EVENT TIMES.**

Ribbons will be awarded to athletes upon completion of each event/heat! Please note for the 6-8th grade competition, only the top three times overall for the event will be used for points