

NSCHSAA Indoor Frosh/Soph Championships
Monday, January 21, 2019
St. Anthony's High School
9:00 AM – 3:00 PM

1) Boys Frosh/Soph 3200m Run	Final on time	Scored by Division
2) Girls Frosh/Soph 3000m Run	Final on time	
3) Boys Sophomore 55m Dash	6 fastest advance	FAT – 12 heats
4) Boys Freshmen 55m Dash	Final on time	FAT – 8 heats
5) Girls' Frosh/Soph 55m Dash	6 fastest advance	FAT – 12 heats
6) Boys' Sophomore 1000m Run		
7) Boy' Freshmen 1000m Run		
8) Girls' Frosh/Soph 1000m Run		
9) Boy' Sophomore 55m Hurdles	Final on time	
10) Boy' Freshmen 55m Hurdles	Final on time	
11) Girls' Frosh/Soph 55m Hurdles	Final on time	
12) Boys Sophomore 55m Dash	Final	
13) BOys' Freshmen 55m Dash	Final	
14) Girls' Frosh/Soph 55m Dash	Final	
15) Boys' Sophomore 600m Run	Final on Time	
16) Boys' Freshmen 600m Run	Final on Time	
17) Girls' Frosh/Soph 600m Run	Final on time	
18) Boys' Sophomore 1600m Run	Final on time	
19) Boys Freshmen 1600m Run	Final on time	
20) Girls' Frosh/Soph 1500m Run	Final on time	
21) Boys' Sophomore 300m Dash	Final on Time	FAT – 12 heats
22) Boys' Freshmen 300m dash	Final on time	FAT – 8 heats
23) Girls' Frosh/Soph 300m dash	Final on time	FAT – 12 heats
24) Boys' Sophomore 4 x 800m Relay	Final on time	
25) Boys' Freshmen 4 x 800m Relay	Final on time	
26) Girls' Frosh/Soph 4 x 800m Relay	Final on time	
27) Boys' Sophomore 4 x 400m Relay	Final on time	
28) Boys' Freshmen 4 x 400m Relay	Final on time	
29) Girls' Frosh/Soph 4 x 400m Relay	Final on time	
30) Boys' Sophomore 4 x 20 0m Relay	Final on time	
31) Boys' Freshmen 4 x 200m Relay	Final on time	
32) Girls' Frosh/Soph 4 x 200m Relay	Final on time	

If you have an athlete who is competing in both the long jump and the 55m dash, make sure there is a Stand-in for the 55m dash to allow that athlete to get their steps.

Boys' Shot Put will be followed by the Girls' Shot Put

Girls' High Jump to be followed by Boys High Jump

Girls' High Jump Starts 4' – 4'2 – 4'4 – 4'6 – 4'8 – 4'10 – 5', then 1 inch

Boys High Jump Starts: 4'6 – 4'8 – 4'10 – 5', then 1 inch

Boys Long Jump One measurement under 12'

St. Anthony's (Soph)

St. Mary's (Frosh)

Girls Long Jump One measurement under 10'

OLMA

Boys' Triple Jump One measurement under 30'

Holy Trinity (Soph)

Kell (Frosh)

Girls Triple Jump One measurement under 20'

Sacred Heart

Girls Pole Vault (first) 6' – 7' – 7'6 – 8' – 8'6 – 9' – 9'6 – 10'

(must jump 7')

Boys' Pole Vault (2nd) 7' – 8' – 8'6 – 9' – 9'6 – 10'

OVER

Each school will be assigned to rake at least once during the season.

Verbal seeding. Coaches must make bar-coded labels for each event that an athlete is competing in

Field Events – Place bar-coded labels on 3 x 5 index cards.

Relays: Place bar-coded labels (athletes) on 3 x 5 index cards