



TNHS Track and Field 2021-4/12/21 revision

Date	Event	Location
Tues 3/16	E'town Reverse Rumble 5:00 field and 5:30 running - arrive no later than 4:45	EHS
Fri 3/19	Bruin Relays 1500/5k	CHHS
Sat 3/20	Bruin Relays 10:00 am field and running - arrive no later than 9:15	CHHS
Tues 3/23	NC Icebreaker All-comers 5:30 field, 5:45 running - arrive no later than 5:00	NCHS
Fri/Sat 3/26-27	RUNtownKy Distance Festival 1600/1500 on Friday. 3200 and DMR on Saturday	Bethlehem
Tues 3/30	THOMAS NELSON ALL-COMERS #1 5:30 field, 6:00 running - arrive no later than 5:00	Home
Tues 4/13	Bullitt East Charger Challenge 5:00 field, 5:30 running - arrive no later than 4:45	BEHS
Sat 4/17	AJ Heart of the Bluegrass Inv. 10:00 field, 10:30 running - arrive no later than 9:30	Mercer Co.
Tues 4/20	Cardinal Classic All-comer 5:30 field, 6:00 running - arrive no later than 5:00	NCHS
Fri 4/23	Panther Twilight Invitational 5:30 field, 6:00 running - arrive no later than 5:00	E'town
Tues 4/27	THOMAS NELSON ALL-COMERS #2 5:30 field, 6:00 running - arrive no later than 5:00	Home
Tues 5/4	Border Battle 5:30 field, 6:00 running - arrive no later than 5:00	NCHS
Tues 5/11	Lincoln Trail Conf Championships 5:30 field, 6:00 running - arrive no later than 5:00	Bardstown
Sat 5/15	Warren East Raider Invitational 10:00 field, 10:30 running - arrive no later than 9:30	Warren East CST
Tues 5/18	Bethlehem All-comers 5:30 field and running	Bethlehem
Tues 5/25	Bardstown Invitational 5:30 field, 6:00 running - arrive no later than 5:00	Bardstown
Tues 6/1	Region 2, 2A Championships	Warren East
Friday 6/11	KHSAA 2A State Championships	UK

* athletes must have a current KHSAA Physical and signed TNHS Athletics handbook pages on file.

Weeknight meets typically begin at 5:30. Athletes should be on site no later than 5:00 most nights. Coach will send more detailed info about each competition including lineup sheets via email weekly.

Invitational meets are competitive meets that allow only a school's top two individuals per event and one relay per event to compete. Some athletes may not participate at invitationals. An "All-comers" meet means that teams typically are allowed to enter more than two individuals per event and can run multiple relays. Every team member will be able to compete at an all-comers meet.

An athlete may compete in up to, but no more than, four events per meet.

Track and Field standard order of events -

4x800 meter relay
100 meter (33") hurdles – girls
110 meter high (39") hurdles – boys
100 meter dash
4x200 meter relay
1600 meter run
4x100 meter relay
400 meter dash
300 meter low (30") hurdles – girls
300 intermediate (36") hurdles – boys
800 meter run
200 meter dash
3200 meter run (girls and boys may run together)
4x400 meter relay

Field Events often start earlier and vary by meet as to who competes first between girls or boys. Events contested are as follows -

Shot Put
Discus
Long Jump
Triple Jump
High Jump
Pole Vault