

ESSEX HIGH SCHOOL BOYS' TRACK INVITATIONAL 2024								
Ind 10-8-6-4-2-1								
Relays 10-8-6-4-2-1								Points Per
								Event
	Diagonal	Essex	Hamburg	Heartland	ISD	Stanton		
Long Jump		20	2	1		8		31
Discus		9		8		14		31
Shot Put		12		4	1	14		31
High Jump		22		6				28
Sprint Medley (800)	8	6			4	10		28
3200 Meter Run		1		16	10	4		31
4 X 800 Meter Relay				10	6	8		24
Shuttle Hurdle Relay				10		8		18
100 Meter Dash		17		2		12		31
Distance Medley	10					8		18
400 Meter Dash		8		8		15		31
4 X 200 Meter Relay	8	4		6	2	10		30
110 Meter Hurdles				6		18		24
800 M Run		2		8	14	6		30
200 M Dash		11		6		14		31
400 Meter Hurdles		8		4		16		28
1600 M Run		6		14	8			28
4 x 100 Relay	6	10			4	8		28
4 x 400 Relay				8	6	10		24
	32	136	2	117	55	183		473

ESSEX HS GIRLS' TRACK INVITATIONAL 2024								
Ind 10-8-6-4-2-1								
Relays 10-8-6-4-2-1								Points Per Event
	Diagonal	Essex	Hamburg	Heartland	ISD	Stanton		
Shot Put	8	6		6		11		31
High Jump								0
Long Jump	4		16		1	10		31
Discus	9			20		2		31
Sprint Medley (800)	6	10	8					24
3000 Meter Run		10		8		6		24
4 X 800 Meter Relay		10				8		18
Shuttle Hurdle Relay						10		10
100 Meter Dash		14		1	2	14		31
Distance Medley	10		8					18
400 Meter Dash		10		12	3	6		31
4 X 200 Meter Relay		10			6	8		24
100 Meter Hurdles				6		18		24
800 M Run	2	10	1	18				31
200 M Dash		12		2	1	16		31
400 Meter Hurdles		8		6		10		24
1500 M Run		10		8	4	6		28
4 x 100 Relay	2	10		4	6	8		30
4 x 400 Relay		10			6	8		24
	41	130	33	91	29	141		441

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Possible
Pts/Event
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
31
589

