

Middle School ORDER OF EVENTS

The recommended track and field events and order of events is as follow:

Boys and Girls Running Events Order: 7th grade followed by 8th

GIRLS	2400	METER RUN	(Final Only)
BOYS	2400	METER RUN	(Final Only)
GIRLS	100	METER HURDLES (30"	7 th & 8 th)
BOYS	110	METER HURDLES (33"	7 th Boys) (36" 8 th Boys)
GIRLS	400	METER RELAY	(Final Only)
BOYS	400	METER RELAY	(Final Only)
GIRLS	800	METER RUN	(Final Only)
BOYS	800	METER RUN	(Final Only)
GIRLS	100	METER DASH	
BOYS	100	METER DASH	
GIRLS	800	METER RELAY	(Final Only)
BOYS	800	METER RELAY	(Final Only)
GIRLS	400	METER DASH	
BOYS	400	METER DASH	
GIRLS	300	METER HURDLES (30"	
BOYS	300	METER HURDLES (33"	
GIRLS	200	METER DASH	
BOYS	200	METER DASH	
GIRLS	1600	METER RUN	(Final Only)
BOYS	1600	METER RUN	(Final Only)
GIRLS	1600	METER RELAY	(Final Only)
BOYS	1600	METER RELAY	(Final Only)

Boys and Girls Field Events:

GIRLS:

POLE VAULT
POLE VAULT
SHOT PUT
SHOT PUT
DISCUS
HIGH JUMP
HIGH JUMP
LONG JUMP
TRIPLE JUMP

OPENING HEIGHT:

7TH - 5 Feet 6' at District
8TH - 5 Feet 6'6" at District
7TH - 6 lbs
8TH - 4 Kilo
7TH - 4' 4'2" at District
8TH - 4'2" 4'4" at District

BOYS:

POLE VAULT
POLE VAULT
SHOT PUT
SHOT PUT
DISCUS
HIGH JUMP
HIGH JUMP
LONG JUMP
TRIPLE JUMP

7TH - 6 Feet 7' at District
8TH - 6'6" 7'6" at District
7TH - 4 kilo (8.8lb)
8TH - 4 Kilo (8.8lb)
7TH - 4'2" 4'4" at District
8TH - 4'4" 4'6" at District

Each participant will take three jumps / throws anytime during the meet from 4:30 until the beginning of the 1600 meter relay. **Participants in the long jump, triple jump, shot put and discus must take 2 consecutive attempts and may take their third attempt in rotation.** Any participant not taking all three jumps/throws will have his best jump/throw counted toward the top six places.