

# 4-6 Track Meet

## Events List

### Field Events:

10:30 High Jump, Long Jump, Shot-put, and Discus

### Running Events

- **100M Hurdles** (height will be 24 inches)  
(4<sup>th</sup> girls, 5<sup>th</sup> girls, 6<sup>th</sup> girls, 4<sup>th</sup> boys, 5<sup>th</sup> boys, 6<sup>th</sup> boys)
- **800M Run** (may combine grades/genders depending on the number of athletes participating)
- **Sprint Medley Relay (100M, 100M, 200M, 400M)**  
(4/5/6 girls; 4/5/6 boys)  
*Note: Remind athletes to stay in their lanes until all other athletes have gone by*  
*Note: Staggered placement at starting line, solid white line; yellow arrow to arrow exchange zone for first two exchanges, blue arrows for last exchange, 400M runners can cut in to the first lane immediately after the last exchange (at starting line). All exchanges must occur within exchange zones (arrows)*
- **100M Dash**  
(4<sup>th</sup> girls, 5<sup>th</sup> girls, 6<sup>th</sup> girls, 4<sup>th</sup> boys, 5<sup>th</sup> boys, 6<sup>th</sup> boys)
- **400M Run**  
(4<sup>th</sup> girls, 5<sup>th</sup> girls, 6<sup>th</sup> girls, 4<sup>th</sup> boys, 5<sup>th</sup> boys, 6<sup>th</sup> boys)
- **200M Run**  
(4<sup>th</sup> girls, 5<sup>th</sup> girls, 6<sup>th</sup> girls, 4<sup>th</sup> boys, 5<sup>th</sup> boys, 6<sup>th</sup> boys)
- **1600M Run** (may combine grades/genders depending on the number of athletes participating)
- **4 X 100M Relay**  
(4/5/6 girls; 4/5/6 boys)  
*Remind athletes to stay in their lanes after the exchange until all other athletes have gone by*  
*Note: Staggered start at starting line/start 400, solid white line, yellow arrow to yellow arrow exchange zones*

\*Each athletes may participate in a max 2 field and 4 running events.

\*We will run as many heats as needed