

K-1 Track Meet

Events List

Field Events:

9:00 Baseball Throw; Running Long Jump; Standing Long Jump

Running Events (start approximately 9:30:

- **70 M Dash** (put tape down at the 7th yellow mark from the starting line for the finish line)
(K girls, 1st girls, K Boys, 1st boys)
- **420 M Shuttle** ****Remind athletes to stay in their lanes.****
(Batons/starter at the finish line/even numbered lanes; race ends at the finish line; 1 team per odd/even lane;)
(K/1 girls, K/1 boys)
- **100M Dash** (remove tape for the 70 M finish line and move down to the 'real' finish line.)
(K girls; 1st girls; K boys; 1st boys)
- **400M Run** (1st grade only, staggered start, start 400/solid white line)
(1st girls, 1st boys)
- **200M Run** (Start at the solid white line just behind the large number in their lane)
(K girls, 1st girls, K boys, 1st boys)
- **4 X 100M Relay** ****Remind athletes to stay in their lanes.****
(Staggered start at starting line/start 400, solid white line; yellow arrow to yellow arrow exchange zone;
back foot on 1st yellow arrow)
(K/1 girls; K/1 boys;)

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

* We will run as many heats as needed.