

2-3 Track Meet

Events List

Field Events:

6:00 Baseball Throw, Running Long Jump, Standing Long Jump

Running Events (start time approximately 6:30 pm)

- **800M Run**
(may combine grades/genders depending on number of athletes participating)
- **100M Dash**
(2nd girls; 2nd boys; 3rd girls; 3rd boys)
- **Sprint Medley Relay (100M, 100M, 200M, 400M)**
(2/3 girls; 2/3 boys)
Remind athletes to stay in their lanes even after the exchange until all other athletes have gone by
(Staggered start at starting line/start 400, solid white line; yellow arrow to arrow exchange zone for first two exchanges, back foot on 1st yellow arrow, blue arrow for last exchange, 400M runners can cut in to the first lane immediately after the last exchange.)
- **200M Run**
(2nd girls; 2nd boys; 3rd girls; 3rd boys)
(Start at the solid white line just behind the large number in their lane)
- **400M Run**
(2nd girls; 2nd boys; 3rd girls; 3rd boys)
- **4 X 100M Relay**
(2/3 girls; 2/3 boys)
Remind athletes to stay in their lanes even after the exchange until all other athletes have gone by
(Staggered start at starting line/start 400, solid white line, yellow arrow to yellow arrow exchange zones, back foot on 1st yellow arrow)

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

*We will run as many heats as needed