



PRINCE GEORGE'S COUNTY BOYS AND GIRLS CLUB, INC.
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2023 PGCBGC Boys/Girls Track Event Sheet

5-6 & UNDER

100 Meter Dash
200 Meter Sprint
400 Meter Run
4X100 Meter Relay
4X400 Meter Relay
800 Meter Run
Standing Long Jump
Softball Throw
1500 Meter Run
800 Meter Race Walk

7-8 / 9-10 DIVISION

100 Meter Dash
200 Meter Sprint
400 Meter Run
4X100 Meter Relay
4X400 Meter Relay
800 Meter Run
Long Jump
Softball Throw
1500 Meter Run
800 Meter Race Walk

11-12 DIVISION

100 Meter Dash
200 Meter Sprint
400 Meter Run
4X100 Meter Relay
4X400 Meter Relay
800 Meter Run
Long Jump
Shot-Put (8 lbs)
Girls (6 lbs)
1500 Meter Race
800 Meter Race-walk

13-14 DIVISION

100-Meter Dash
200-Meter Sprint
400 Meter Run
4x100 Meter Relay
4x400 Meter Relay
800 Meter Run
Long Jump
Shot-Put (8 lbs)
Girls (6 lbs)
1500 Meter Run
800 Meter Race-walk
3000 Meter Run

15-16 DIVISION

100 Meter Dash
200 Meter Sprint
400 Meter Run
4x100 Meter Relay
4x400 Meter Relay
800 Meter Run
Long Jump
Shot-Put (12 lbs)
Girls (4 Kilos)
1500 Meter Run
800 Meter Race-walk
3000 Meter Run

17-18 DIVISION

100 Meter Dash
200 Meter Sprint
400 Meter Run
4x100 Meter Relay
4x400 Meter Relay
800 Meter Run
Long Jump
Shot-Put (12 lbs)
Girls (4 Kilos)
1500 Meter Run
800 Meter Race-walk
3000 Meter Run

ORDER OF EVENTS

TRACK

100 Meter Dash
1500 Meter Run
400 Meter Dash
800 Meter Race Walk
200 Meter Dash
800 Meter Run
3000 Meter Run or 15 minute break
4 x 100 Relay
4 x 400 Relay

FIELD

Long Jump
Shot Put / Softball Throw

In all competitions, the girls will go first,
then the boys

