

TO: MIDDLE SCHOOL TRACK COACHES

FROM: ATHLETIC OFFICE

RE: MIDDLE SCHOOL TRACK EVENTS

Start: 4:45pm

BOYS

2400 Meter Run
400 Meter Relay
800 Meter Run
*100 Meter Int. Hurdles
100 Meter Dash
800 Meter Relay
400 Meter Dash
**300 Meter Low Hurdles
200 Meter Dash
1600 Meter Run
1600 Meter Relay

STARTING HEIGHT

High Jump (7th) 4'6" – (8th) 4'8"
Long Jump (7th) then (8th)
Shot Put (7th) then (8th) (4 kilo)
Triple Jump (8th) then (7th)
Discus (8th) then (7th) (1 kilo)
Pole Vault (7th) 7' – (8th) 7' 6"

GIRLS

2400 Meter Run
400 Meter Relay
800 Meter Run
***100 Meter Hurdles
100 Meter Dash
800 Meter Relay
400 Meter Dash
**300 Meter Low Hurdles
200 Meter Dash
1600 Meter Run
1600 Meter Relay

STARTING HEIGHT

High Jump (7th) 3'8" – (8th) 4'
Long Jump (7th) then (8th)
Shot Put (7th) then (8th) (4 kilo)
Triple Jump (8th) then (7th)
Discus (8th) then (7th) (1 kilo)
Pole Vault (7th) 6' – (8th) 6' 6"

* 10 Hurdles (33" high) 13 m. to first hurdle
8.5 m. between hurdles
10.5 m. from last hurdle to finish line

** 8 Hurdles (30" high) 45 meters to first hurdle
35 m. between hurdles
10 m. from last hurdle to finish line

***10 Hurdles (30" high) 13 m. to first hurdle
8.5 m. between hurdles
10.5 m. from last hurdle to finish line