

TO: MIDDLE SCHOOL TRACK COACHES

FROM: ATHLETIC OFFICE

RE: MIDDLE SCHOOL TRACK EVENTS

Start: 4:45pm

**TOP 4 in each event advance to the “Meet of Champions”**

**BOYS**

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

**STARTING HEIGHT**

High Jump (7<sup>th</sup>) 4’6” – (8<sup>th</sup>) 4’8”  
Long Jump (7<sup>th</sup>) then (8<sup>th</sup>)  
Shot Put (WC)(7<sup>th</sup>) then (8<sup>th</sup>) (4 kilo)  
Triple Jump (8<sup>th</sup>) then (7<sup>th</sup>)  
Discus (8<sup>th</sup>) then (7<sup>th</sup>) (1 kilo)  
Pole Vault (7<sup>th</sup>) 7’ – (8<sup>th</sup>) 7’ 6”

**\*\*NO TIES IN FIELD EVENTS\*\***

**GIRLS**

2400 Meter Run  
400 Meter Relay  
800 Meter Run  
\*\*\*100 Meter Hurdles  
100 Meter Dash (WC)  
800 Meter Relay  
400 Meter Dash (WC)  
\*\*300 Meter Low Hurdles  
200 Meter Dash  
1600 Meter Run  
1600 Meter Relay

**STARTING HEIGHT**

High Jump (7<sup>th</sup>) 3’8” – (8<sup>th</sup>) 4’  
Long Jump (7<sup>th</sup>) then (8<sup>th</sup>)  
Shot Put (WC)(7<sup>th</sup>) then (8<sup>th</sup>) (4 kilo)  
Triple Jump (8<sup>th</sup>) then (7<sup>th</sup>)  
Discus (8<sup>th</sup>) then (7<sup>th</sup>) (1 kilo)  
Pole Vault (7<sup>th</sup>) 6’ – (8<sup>th</sup>) 6’ 6”

**\*\*NO TIES IN FIELD EVENTS\*\***

\* 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