

JR High (6 - 8th) TRACK Event Schedule

7:30am - 12pm

TIME	GRADE	EVENT	Heat	# Entries per School
7:30 AM	7th & 8th Combined	Mile Run GIRLS	1	3 per School
7:40 AM	7th & 8th Combined	Mile Run BOYS	1	3 per School
7:55 AM	8th	4x100 Relay GIRLS	1	1 Team per School
8:00 AM	8th	4x100 Relay BOYS	1	1 Team per School
8:05 AM	7th	4x100 Relay GIRLS	1	1 Team per School
8:10 AM	7th	4x100 Relay BOYS	1	1 Team per School
8:15 AM	6th	4x100 Relay GIRLS	1	1 Team per School
8:20 AM	6th	4x100 Relay BOYS	1	1 Team per School
8:25 AM	7th & 8th Combined	800m GIRLS	1	3 per School
8:30 AM	7th & 8th Combined	800m BOYS	1	3 per School
8:40 AM	8th	100m GIRLS	3 heats	3 per School
8:48 AM	8th	100m BOYS	3 heats	3 per School
8:56 AM	7th	100m GIRLS	3 heats	3 per School
9:04 AM	7th	100m BOYS	3 heats	3 per School
9:12 AM	6th	100m GIRLS	3 heats	3 per School
9:20 AM	6th	100m BOYS	3 heats	3 per School
9:28 AM	8th	400m GIRLS	3 heats	3 per School
9:40 AM	8th	400m BOYS	3 heats	3 per School
9:50 AM	7th	400m GIRLS	3 heats	3 per School
10:00 AM	7th	400m BOYS	3 heats	3 per School
10:10 AM	6th	400m GIRLS	3 heats	3 per School
10:20 AM	6th	400m BOYS	3 heats	3 per School
10:30 AM	8th	200m GIRLS	3 heats	3 per School
10:40 AM	8th	200m BOYS	3 heats	3 per School
10:50 AM	7th	200m GIRLS	3 heats	3 per School
11:00 AM	7th	200m BOYS	3 heats	3 per School
11:20 AM	6th	200m GIRLS	3 heats	3 per School
11:30 AM	6th	200m BOYS	3 heats	3 per School
11:40 AM	6th	50m Girls	3 heats	3 per School
11:50 AM	6th	50m Boys	3 heats	3 per School

4th & 5th Grade TRACK Event Schedule

12pm - 2:30pm

TIME	GRADE	EVENT	Heats	# Entries per School
12:00 PM	4th	4x100 Relay GIRLS	1	1 Team per School
12:05 PM	4th	4x100 Relay BOYS	1	1 Team per School
12:10 PM	5th	4x100 Relay GIRLS	1	1 Team per School
12:15 PM	5th	4x100 Relay BOYS	1	1 Team per School
12:25 PM	4th	50m GIRLS	4	4 per School
12:35 PM	4th	50m BOYS	4	4 per School
12:45 PM	5th	50m GIRLS	4	4 per School
12:55 PM	5th	50m BOYS	4	4 per School
1:10 PM	4th	100m GIRLS	4	4 per School
1:20 PM	4th	100m BOYS	4	4 per School
1:30 PM	5th	100m GIRLS	4	4 per School
1:40 PM	5th	100m BOYS	4	4 per School
1:50 PM	4th	200m GIRLS	3	3 per School
2:00 PM	4th	200m BOYS	3	3 per School
2:10 PM	5th	200m GIRLS	3	3 per School
2:20 PM	5th	200m BOYS	3	3 per School

**Track event check in for your event 30 minutes early.
Final call will be 15 minutes prior to the event start.
At final call all athletes will be staged for their event.
NO MAKE UPS - if you miss your check in, you may miss your event.
Teachers please help get students to their events EARLY!"**

JR High (6-8th) FIELD Event Schedule				
7:30am - 11am				
TIME	GRADE	EVENT	Heats	# Entries per School
7:30am - 8:30am	8th	Long Jump BOYS (NORTH PIT)	1	3 per School
7:30am - 8:30am	8th	Long Jump GIRLS (SOUTH PIT)	1	3 per School
8:45am - 9:45am	7th	Long Jump BOYS (NORTH PIT)	1	3 per School
8:45am - 9:45am	7th	Long Jump GIRLS (SOUTH PIT)	1	3 per School
10:00am - 11:00am	6th	Long Jump BOYS (NORTH PIT)	1	3 per School
10:00am - 11:00am	6th	Long Jump GIRLS (SOUTH PIT)	1	3 per School
NOTICE:				
Long Jump is a 1 hour-long open pit				
Athletes may come and go between events.				
When your time slot is over, there will be no more attempts for your grade.				
Each athlete will be allowed 3 attempts (not in a row, jump once get back in line)				

JR High (6-8th) SHOT PUT Schedule				
7:30am - 11am				
TIME	GRADE	EVENT	Heats	# Entries per School
7:30am - 8:30am	8th	Shot Put BOYS (EAST PIT)	1	3 per School
7:30am - 8:30am	8th	Shot Put GIRLS (WEST PIT)	1	3 per School
8:45am - 9:45am	7th	Shot Put BOYS (EAST PIT)	1	3 per School
8:45am - 9:45am	7th	Shot Put GIRLS (WEST PIT)	1	3 per School
10:00am - 11:00am	6th	Shot Put BOYS (EAST PIT)	1	3 per School
10:00am - 11:00am	6th	Shot Put GIRLS (WEST PIT)	1	3 per School
NOTICE:				
Shot Put is a 1 hour-long open ring				
Athletes may come and go between events.				
When your time slot is over, there will be no more attempts for your grade.				
Each athlete will be allowed 3 attempts (not in a row, throw once get back in line)				

4th & 5th Grade FIELD Event Schedule				
12pm - 2pm				
TIME	GRADE	EVENT	Heats	# Entries per School
12:00pm - 1:00pm	4th	Long Jump BOYS (NORTH PIT)	1	3 per School
12:00pm - 1:00pm	4th	Long Jump GIRLS (SOUTH PIT)	1	3 per School
1:15pm - 2:15pm	5th	Long Jump BOYS (NORTH PIT)	1	3 per School
1:15pm - 2:15pm	5th	Long Jump GIRLS (SOUTH PIT)	1	3 per School
NOTICE:				
Softball Throw is a 1 hour-long open ring				
Athletes may come and go between events.				
When your time slot is over, there will be no more attempts for that grade.				
Each athlete will be allowed 3 attempts (not in a row, throw once get back in line)				