

## Middle School Only Meets

### 4:00 PM Coaches Meeting

#### First Session – 4:30 PM

Girls Shot – Girls followed by Boys  
Boys Discus – Boys followed by Girls  
MS Long Jump (Boys and Girls)  
MS High Jump (Girls and Boys)  
**3200 M run – Girls**  
**1600 M run - Boys**

#### Running Events (Heats=Girls first then Boys)

4x800 meter relay  
4x100 meter relay  
(Rolling Start) 1600 meter run - Girls  
400 meter run  
100 meter run  
100 M Hurdles  
800 meter  
200 meter  
3200 M Run - Boys  
4x400 meter relay