

## **Middle School Information 4/7**

### **Schedule**

#### **Running Start: 4:30pm**

400 Meter Relay Girls- Boys

3200 Meter Relay Girls- Boys

100 Meter Hurdles Girls

110 Meter Hurdles Boys

100 Meter Dash Girls- Boys

800 Meter Run Girls- Boys

800 Meter Relay Girls- Boys

400 Meter Dash Girls- Boys

300 Meter Hurdles 30" Girls

300 Meter Hurdles 36" Boys

200 Meter Dash Girls- Boys

1600 Meter Run Girls- Boys

1600 Meter Relay Girls- Boys

#### **Field Events Start: 4:00pm**

Shot Put: 8G, 7G, 8B, 7B

Discus: 8B, 7B, 8G, 7G

Long Jump: 7G, 8G, 7B, 8B

High Jump: 8B, 7B, 8G, 7G

### **Teams Attending**

1. Central
2. Cimarron
3. Heartland
4. Summit
5. Cheyenne
6. Sequoyah
7. Oakdale

### **Entries:**

- There will be 4 divisions- 7th G, 8th G, 7th B, 8th B
- In all events 3 participants per school per division will be allowed.
- All field events only allow 3 contestants
  - Depending on entries genders may be competed together
  - If too many then order will be
    - Long Jump- 7th G, 8th G, 7th B, 8th B
    - High Jump- 8th B, 7th B, 8th G, 7th G

### **Field Events:**

- Warmup for all Field events starting at 3:40pm
- Implements will be weighed in at the event.

### **Exchange Zones**

#### **4x1**

1. -
2. -
3. -

#### **4x2**

1. -
2. -

### **Awards:**

- Medals will be given to 1-3 place

### **Parking**

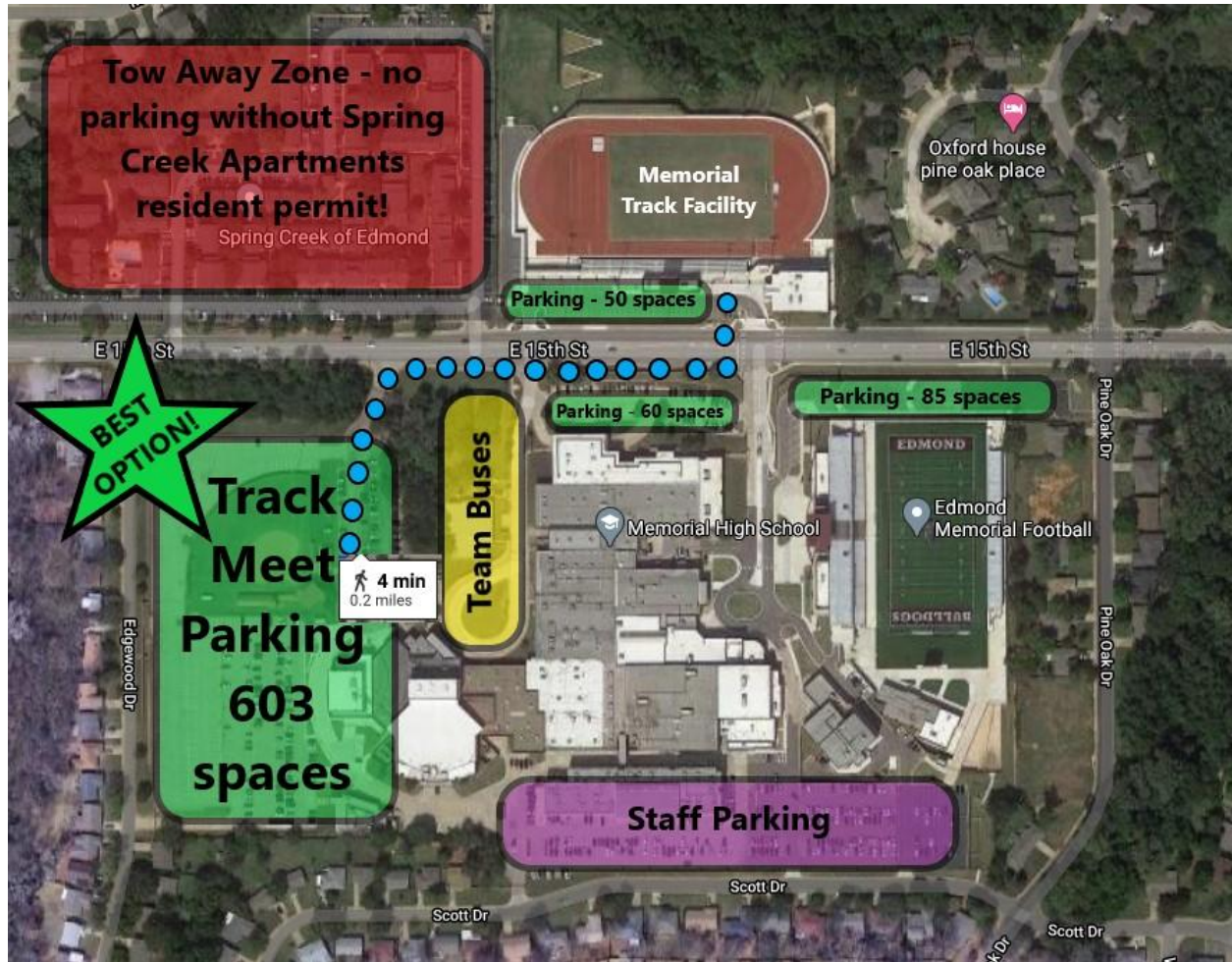
-

## Events Volunteers

- Shot Put
  - Recording-
  - Girls-
  - Boys-
  - Marker- non competing Throwers,
  - Shagger-non competing throwers
- Discus
  - Recording
  - Girls-
  - Boys-
  - Marker- non competing Throwers,
  - Shagger- non competing Throwers
- Long Jump-
  - Girls: Misialek
  - Boys:
  - Recording-
  - Marker
  - Raker-
- High Jump-
  - Girls-Caram
  - Boys-
  - Recording-
  - Pole Setters-
- Starter-Sal
- Clerk- Sergent/Jones/Mead
- Hurdle Crew-Caram/Lowrey
  - Students
    - Boys(4)-
    - Girls(4)-,
- Medals/Results-
  - Results Runners
    -
  - Medals
    -
- Check in Table
  - Higdon

## Concessions

-



- This is an image that can help with parking. Please have whoever is driving your buses park in the yellow area.
- Please also share this information with your parents and spectators so they know where they can park.
- We will have parking attendants on site to help as well