

MIDDLE SCHOOL TRACK & FIELD
EVENTS AND ORDER OF RUNNING 2020

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| 2400M RUN | 7G, 8G, 7B, 8B, |
| 100M HURDLES 30" | 7G, 8G |
| 110M HURDLES (7 th 33") (8 th 36") | 7B, 8B |
| 400M RELAY | 7G, 8G, 7B, 8B |
| 800M RUN | 7G, 8G, 7B, 8B |
| 100M DASH | 7G, 8G, 7B, 8B |
| 800M RELAY | 7G, 8G, 7B, 8B |
| 400M DASH | 7G, 8G, 7B, 8B |
| 300M HURDLES (Girls / 7 th Boys 30") (8 th boys 33") | 7G, 8G, 7B, 8B |
| 200M DASH | 7G, 8G, 7B, 8B |
| 1600M RUN | 7G, 8G, 7B, 8B |
| 1600M RELAY | 7G, 8G, 7B, 8B |
| SHOT PUT – 8 LB (3 THROWS ONLY) | 7B, 8B |
| SHOT PUT – 6 LB (3 THROWS ONLY) | 7G, 8G |
| DISCUS – 1K (3 THROWS ONLY) | 7G, 8G, 7B, 8B |
| LONG JUMP – (3 JUMPS ONLY) | 7B, 8B, 7G, 8G |
| TRIPLE JUMP – (3 JUMPS ONLY) | 8B, 7B, 8G, 7G |
| HIGH JUMP | 7G, 8G, 7B, 8B |
| <u>STARTING HEIGHTS</u> | 7G – START 4'2", RAISE 2" THEREAFTER 8G – START 4'4", RAISE 2" THEREAFTER 7B – START 4'6", RAISE 2" THEREAFTER 8B – START 4'8", RAISE 2" THEREAFTER |

POLE VAULT

7G, 8G, 7B, 8B

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| <u>STARTING HEIGHTS</u> | 7G – START 6'0", THEN 6" THEREAFTER until 7'0 then 3" 8G – START 6'6", THEN 6" THEREAFTER until 7'6 then 3" 7B – START 7'0", THEN 6" THEREAFTER until 8'0 then 3" 8B – START 7'6", THEN 6" THEREAFTER until 8'6 then 3" |
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INSTRUCTIONS TO COACHES

1. NO JEWELRY MAY BE WORN BY AN ATHLETE DURING COMPETITION (INCLUDING WRISTBANDS)
2. **NUMBER OF EVENTS:** NO ATHLETE MAY ENTER MORE THAN 3 RUNNING EVENTS INCLUDING THE RELAYS AND NOT MORE THAN 5 EVENTS ALTOGETHER. (AN ATHLETE MAY ENTER 5 FIELD EVENTS).
3. **AN ATHLETE MAY RUN 2 OUT OF 3 OF THE FOLLOWING EVENTS:** 2400M, 800M, OR 1600M.
4. **SCORING:** 1ST – 10 PTS., 2ND – 8 PTS., 3RD – 6 PTS., 4TH – 4 PTS., 5TH – 2 PTS., 6TH – 1 PT.
5. **RELAY SCORING:** TRI-MEET 1ST – 20 PTS., 2ND – 16 PTS., 3RD – 12 PTS.
QUAD MEET 1ST – 20 PTS. 2ND – 16 PTS. 3RD – 12 PTS. 4TH – 8 PTS.
6. **THE NO FALSE START RULE:** WILL BE USED. (DISQUALIFIED ON FIRST FALSE START). HANDS AND FEET BEHIND STARTING LINE
7. **ENTRIES PER TEAM:** 3 CONTESTANTS PER EVENT PER TEAM
YOU MUST FOLLOW RULE # 2.
8. **NOTE:** ¼" SPIKES OR SHORTER OR FLAT SOLE SHOES MAY BE USED ON ALL TRACKS.
9. **NOTE:** AT ALL STADIUMS, DO NOT ALLOW YOUR ATHLETES TO WEAR SPIKES IN THE BLEACHERS.
10. **MEETS WILL NOT BE HELD UP FOR LATE REPORTING TO THE STARTING LINE.** HAVE YOUR ATHLETES LISTEN TO THE P.A. SYSTEM FOR THEIR EVENTS.
11. **STARTING TIME:** Field Events 4:30P.M. 2400M RUN 5:30 PM
12. **NOTE:** A 10 MINUTE CALL SHOULD BE MADE PRIOR TO THE FIRST RUNNING EVENT.