

ORDER OF EVENTS

1. 1600 METER RUN
2. 100 METER DASH (4 per weight class per team)
3. 200 METER RUN (4 per team) *athletes can't contest both 100m and 200m
4. 800 METER RUN
5. 400 METER RUN
6. 4 X 100 METER RELAY (1 A TEAM AND 1 B TEAM FOR EACH WEIGHTCLASS)
7. Open 100m- no weight classes

FIELD EVENTS

SHOT AND DISCUS –LISTEN FOR CALLS- BOYS WILL FOLLOW GIRLS OR GIRLS WILL FOLLOW BOYS

HIGH JUMP- BOYS WILL FOLLOW GIRLS OR GIRLS WILL FOLLOW BOYS- PAY ATTENTION TO THE HEIGHT OF THE BAR- ONCE IT GOES UP IT DOESN'T COME BACK DOWN

LONG JUMP- LISTEN FOR CALLS- IT SHOULD BE EITHER BOYS FOLLOWED BY GIRLS OR GIRLS FOLLOWED BY BOYS

RELAY TEAMMATES- IF POSSIBLE HAVE YOUR TEAM TOGETHER WELL BEFORE THE RELAY- PRACTICE HANDOFFS- DON'T FORGET TO GET A PIECE OF TAPE TO MAKE YOUR MARK ON THE TRACK- FIND THE HANDOFF ZONES BEFORE THE RELAY

EVERYONE- 1. LISTEN TO THE CALLS- PAY ATTENTION!- DON'T LEAVE OUR EQUIPMENT LAYING AROUND.... HAVE FUN!!!!!!!!!!!!!!!!!!!!!!

Sign-out books will be placed out after the relay races.

When we get off the bus we will jog 1 lap and stretch in a circle as a team.

You can choose your events. Everyone is expected to compete in at least 2 events.

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