

Order of Middle School Running Events

1. 100-meter low hurdles (open) 7th Girls; 7th Boys; 8th Girls; 8th Boys
2. 100 meter dash (open) 7th Girls; 7th Boys; 8th Girls; 8th Boys
3. 1600 meter run (open) 7th Girls; 7th Boys; 8th Girls; 8th Boys
4. 4X100 meter Relay 7th Girls; 7th Boys; 8th Girls; 8th Boys
5. 400 meter dash 7th Girls; 7th Boys; 8th Girls; 8th Boys
6. 4 x 200 meter Relay 7th Girls; 7th Boys; 8th Girls; 8th Boys
7. 800 meter run 7th Girls; 7th Boys; 8th Girls; 8th Boys
8. 800 Medley Relay 7th Girls; 7th Boys; 8th Girls; 8th Boys
9. 200 Meter dash 7th Girls; 7th Boys; 8th Girls; 8th Boys
10. 4 X 100 Co-Ed Relay (open) 7th grade; 8th grade

Order Middle School Field Events

<i>Competitors</i>	<i>Warm-up Time</i>	<i>Event Time Limit</i>
High Jump		
<i>7th & 8th Boys</i>	<i>3:30 to 3:45</i>	<i>3:45 to 5:00</i>
<i>7th & 8th Girls</i>	<i>5:00 to 5:15</i>	<i>5:15 to 6:30</i>
Long Jump (open)		
<i>7th Girls</i>	<i>3:15 to 3:30</i>	<i>3:30 to 4:05</i>
<i>8th Girls</i>	<i>4:05 to 4:20</i>	<i>4:20 to 4:55</i>
<i>7th Boys</i>	<i>4:55 to 5:10</i>	<i>5:10 to 5:45</i>
<i>8th Boys</i>	<i>5:45 to 6:00</i>	<i>6:00 to 6:35</i>
Triple Jump (open)		
<i>8th Girls</i>	<i>3:15 to 3:30</i>	<i>3:30 to 4:05</i>
<i>7th Girls</i>	<i>4:05 to 4:20</i>	<i>4:20 to 4:55</i>
<i>8th Boys</i>	<i>4:55 to 5:10</i>	<i>5:10 to 5:45</i>
<i>7th Boys</i>	<i>5:45 to 6:00</i>	<i>6:00 to 6:35</i>
Shot Put (Using 2 Rinks (Rink #1 South end)(open)		
<i>7th Boys</i>	<i>3:15 to 3:30</i>	<i>3:30 to 4:05</i>
<i>8th Boys</i>	<i>4:05 to 4:20</i>	<i>4:20 to 4:55</i>
Shot Put (Rink #2 North)(open)		
<i>8th Girls</i>	<i>3:15 to 3:30</i>	<i>3:30 to 4:05</i>
<i>7th Girls</i>	<i>4:05 to 4:20</i>	<i>4:20 to 4:55</i>
Discus (open)		
<i>8th Boys</i>	<i>3:15 to 3:30</i>	<i>3:30 to 4:05</i>
<i>7th Boys</i>	<i>4:05 to 4:20</i>	<i>4:20 to 4:55</i>
<i>8th Girls</i>	<i>4:55 to 5:10</i>	<i>5:10 to 5:45</i>
<i>7th Girls</i>	<i>5:45 to 6:00</i>	<i>6:00 to 6:35</i>