**Northeast District Track Meet**

**Thursday, May 14th**

**Upton, WY**

EVENT SCHEDULE

**The times of events are estimates. The events will follow one after the other. Be sure your athletes listen for their call to events. We will not hold up an event to wait for a participant. Field events will begin at 8:30 a.m.**

**Field Events**

**8:30 a.m.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Team in Charge** | **FIELD EVENT** | **8:30** | **9:30** | **10:30** | **11:30** |
| Wright | SHOT PUT | 7 Boys | 8 Boys | 8 Girls | 7 Girls |
| Sundance | DISCUS | 7 Girls | 8 Girls | 8 Boys | 7 Boys |
| Moorcroft | HIGH JUMP | 7 Girls | 8 Girls | 8 Boys | 7 Boys |
|  |  |  |  |  |  |
| Newcastle | LONG JUMP | 8 Girls | 7 Girls |  |  |
| Hulett | LONG JUMP | 7 Boys | 8 Boys |  |  |
| Upton | TRIPLE JUMP |  |  | 8 Girls | 7 Girls |
| Hulett | TRIPLE JUMP |  |  | 7 Boys | 8 Boys |
| Upton | POLE VAULT | Boys |  | Girls |  |

**Running Events**

**11:00 a.m.**

11:00       TRACK  (7 Girls – 8 Girls – 7 Boys – 8 Boys)

                SPRINT MEDLEY RELAY (100 – 100 – 200 – 400)

11:30       800 M

12:00       200 M

12:30       100 Hurdles

                LUNCH

1:30         400 M

2:00         100 M

2:30         1600 M

3:00         200 Hurdles

3:30         4 x 100 Relay

4:00         4 x 400 Relay

Contact Information:

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**Northeast District Track Meet**

**Thursday, May 14th 2015**

**PARTICIPATIN SCHOOLS: Hulett, Newcastle, Moorcroft, Sundance, Upton, Wright, Twin Spruce, Sage Valley**

**EVENTS:** Each school is allowed to enter up to 3 athletes per team in each event.

Each athlete may participate in up to 5 total events. Only 3 events may be an open individual running event, 1 can be a relay, and the last can be a field event. An athlete can participate in as many as 5 field events if that is what you choose.

The 100 m hurdles will be at the following heights: girl’s 7th/8th 30 inches, boy’s 7th 33 inches, and boy’s 8th 36 inches.

The 200 hurdles will be at the following heights: girl’s 7th/8th boy’s 7th 30 inches and boy’s 8th 33 inches.

Starting heights for the high jump will be: Girls 7th/8th : 3’8”

Boy’s 7th : 3’10” Boy’s 8th: 4’

Starting heights for Pole Vault: Girls: 4’

Boy’s 5’

**DUTIES:** Each School will be assigned a field event to run

**TRACK & RUNWAYS:** Only 1/8” spikes may be worn.

**RINGS:** The shot and disc rings are cement. The shot/disc rings are located front of the school parking lot.

***POLE VAULT:*** *The Pole Vault will take place only in the 8th grade division. 7th gragers ma be oved into the 8th grade division to Pole vault.*

**EQUIPMENT:** Starting blocks will be provided.

**TEAM CAMPS:** Please put team camps on the infield and clean up your area before you leave.

**DRESSING FACILITIES:** Please come ready to run. The locker rooms will be closed during the meet.

**RUNNER CARD: The deadline for entries is Tuesday May 12, 2015 on RunnerCard:**

**2015 NE District MS/JH Track Meet.**