**runnercard.com:** **IMPORTANT:** You may enter as many kids as you want in each event, but only the **top three** can score

for your team. Please label your entries as follows for the new format in runnercard**.**

Please remember that the fastest flights go to kids with the lowest times. If you

have two or three of the fastest kids in an event, please label them all at 15.0 so they

can all be in the fastest heat.

Junior high events:

**Event 1st Fastest 2nd Fastest 3rd Fastest Slowest**

**100 Meter Dash 15.0 16.0 17.0 20.0**

**100 Hurdles 15.0 16.0 17.0 20.0**

**200 Meter Dash 25.0 26.0 27.0 30.0**

**200 Meter Hurdles 25.0 26.0 27.0 30.0**

**400 Meter Dash 1:05 1:06 1:07 1:20**

**800**

**1600**

**High Jump**

**Long Jump**

**Triple Jump**

**Shot Put**

**Discus**

**4 X 100**

**4 X 200**

**` 4 X 400**

**Youth Events:**

**100 Meter Dash 15.0 16.0 17.0 20.0**

**55 Meter Hurdles 15.0 16.0 17.0 20.0**

**200 Meter Dash 25.0 26.0 27.0 30.0**

**400 Meter Dash 1:05 1:06 1:07 1:20**

**800**

**1600**

**High Jump**

**Long Jump**

**Shot Put**

**Discus**

**4 X 100**

**4 X 200**

**Sprint Medley Rlay 1-1-2-4 6th (B)**

**Middle School Events:**

**100 Meter Dash 8th (B)**

**100 Meter Dash 8th (G)**

**100 Hurdles 8th (B)**

**100 Hurdles 8th (G)**

**200 Meter 8th (B)**

**200 Meter 8th (G)**

**200 Meter Hurdles 8th (B)**

**200 Meter Hurdles 8th (G)**

**400 Meter 8th (B)**

**400 Meter 8th (G)**

**800 Meter 8th (B)**

**800 Meter 8th (G)**

**1600 Meter 8th (B)**

**1600 Meter 8th (G)**

**High Jump 8th (B)**

**High Jump 8th (G)**

**Long Jump 8th (B)**

**Long Jump 8th (G)**

**Triple Jump 8th (B)**

**Triple Jump 8th (G)**

**Shot Put 8th (B)**

**Shot Put 8th (G)**

**Discus 8th (B)**

**Discus 8th (G)**

**4 X 100 8th (B)**

**4 X 100 8th (G)**

**4 X 200 8th (B)**

**4 X 200 8th (G)**

**` 4 X 400 8th (B)**

**4 X 400 8th (G)**

**Youth Events:**

**100 Meter Dash 6th (B)**

**100 Meter Dash 6th (G)**

**55 Meter Hurdles 6th (B)**

**55 Meter Hurdles 6th (G)**

**200 Meter Dash 6th (B)**

**200 Meter Dash 6th (G)**

**400 Meter Dash 6th (B)**

**400 Meter Dash 6th (G)**

**800 Meter 6th (B)**

**800 Meter 6th (G)**

**1600 meter 6th (G)**

**1600 Meter 6th (B)**

**High Jump 6th (B)**

**High Jump 6th (G)**

**Long Jump 6th (B)**

**Long Jump 6th (G)**

**Shot Put 6th (B)**

**Shot Put 6th (G)**

**Discus 6th (B)**

**Discus 6th (G)**

**4 X 100 6th (B)**

**4 X 100 6th (G)**

**4 X 200 6th (B)**

**4 X 200 6th (G)**

**Sprint Medley Relay 1-1-2-4 6th (B)**

**Sprint Medley Relay 1-1-2-4 6th (G)**