

**SISD Athletics**  
**Middle School Track Conference & District Schedule 2025**

**Tuesday, May 6, 2025: Conference 1 & 2**

**Girls' Field Events**

**3:30 p.m.:** Girls' High Jump

**4:30 p.m.:** 7<sup>th</sup> Grade Girls' Triple Jump and Shot Put/ 8<sup>th</sup> Grade Girls' Long Jump and Discus

**5:30 p.m.:** 7<sup>th</sup> Grade Girls' Long Jump and Discus/ 8<sup>th</sup> Grade Girls' Triple Jump and Shot Put

**Boys' Running Events**

**3:30 p.m.:** Rolling Start 7<sup>th</sup> Boys/8<sup>th</sup> Boys

2,400m

4x100m relay

800m

110m hurdles

100m

4x200m relay

400m

300m hurdles

200m

1,600m

4x400m relay

**SISD Athletics**  
**Middle School Track Conference & District Schedule 2025**

**Wednesday, May 7, 2025: Conference 1 & 2**

**Boys' Field Events**

**3:30 p.m.:** Boys' High Jump

**4:30 p.m.:** 7<sup>th</sup> Grade Boys' Triple Jump and Shot Put/ 8<sup>th</sup> Grade Boys' Long Jump and Discus

**5:30 p.m.:** 7<sup>th</sup> Grade Boys' Long Jump and Discus/ 8<sup>th</sup> Grade Boys' Triple Jump and Shot Put

**Girls' Running Events**

**3:30 p.m.:** Rolling Start 7<sup>th</sup> Girls/8<sup>th</sup> Girls

2,400m

4x100m relay

800m

110m hurdles

100m

4x200m relay

400m

300m hurdles

200m

1,600m

4x400m relay

**SISD Athletics**  
**Middle School Track Conference & District Schedule 2025**

**Thursday, May 8, 2025: Conference 3 & 4**

**Girls' Field Events**

**3:30 p.m.:** Girls' High Jump

**4:30 p.m.:** 7<sup>th</sup> Grade Girls' Triple Jump and Shot Put/ 8<sup>th</sup> Grade Girls' Long Jump and Discus

**5:30 p.m.:** 7<sup>th</sup> Grade Girls' Long Jump and Discus/ 8<sup>th</sup> Grade Girls' Triple Jump and Shot Put

**Boys' Running Events**

**3:30 p.m.:** Rolling Start 7<sup>th</sup> Boys/8<sup>th</sup> Boys

2,400m

4x100m relay

800m

110m hurdles

100m

4x200m relay

400m

300m hurdles

200m

1,600m

4x400m relay

**SISD Athletics**  
**Middle School Track Conference & District Schedule 2025**

**Saturday, May 10, 2025: Conference 3 & 4**

**Boys' Field Events**

**8:30 a.m.:** Boys' High Jump

**9:30 a.m.:** 7<sup>th</sup> Grade Boys' Triple Jump and Shot Put/ 8<sup>th</sup> Grade Boys' Long Jump and Discus

**10:30 a.m.:** 7<sup>th</sup> Grade Boys' Long Jump and Discus/ 8<sup>th</sup> Grade Boys' Triple Jump and Shot Put

**Girls' Running Events**

**8:30 a.m.:** Rolling Start 7<sup>th</sup> Girls/8<sup>th</sup> Girls

2,400m

4x100m relay

800m

110m hurdles

100m

4x200m relay

400m

300m hurdles

200m

1,600m

4x400m relay

**SISD Athletics**  
**Middle School Track Conference & District Schedule 2025**

**Tuesday, May 13, 2025: District Events**

<b>Time</b>	<b>7G</b>	<b>8G</b>	<b>7B</b>	<b>8B</b>
<b>3:30 p.m.</b>	LJ	TJ	SP	Disc
<b>4:30 p.m.</b>	SP	Disc	LJ	TJ
<b>5:15 p.m.</b>	2,400m	2,400m	2,400m	2,400m
<b>5:30 p.m.</b>	TJ	LJ	Disc	SP
<b>6:30 p.m.</b>	Disc	SP	TJ	LJ
<b>6:30 p.m.</b>	300H	300H	300H	300H

**Wednesday, May 14, 2025: District Events**

<b>Time</b>	<b>Event</b>
<b>3:30 p.m.</b>	Girls HJ (both mats)
<b>4:30 p.m.</b>	Boys HJ (both mats)
<b>5:30 p.m.</b>	4x100m
<b>5:50 p.m.</b>	800m
<b>6:10 p.m.</b>	100/110H
<b>6:30 p.m.</b>	100m
<b>6:50 p.m.</b>	4x200m
<b>7:10 p.m.</b>	400m
<b>7:30 p.m.</b>	200m
<b>7:50 p.m.</b>	1,600m
<b>8:20 p.m.</b>	4x400m

Events will be run 7G, 8G, 7B, 8B.