**MIDDLE SCHOOL TRACK & FIELD MEET INFO**

**HOSTED BY MURPHY HIGH SCHOOL**

MEET DIRECTOR: BRANDON OLIVER

**I. ORDER OF EVENTS**

 **A. FIELD EVENTS**

 3:30pm - GIRLS SHOT followed by BOYS SHOT

GIRLS HIGH JUMP\* followed by BOYS HIGH JUMP\*

BOYS LONG JUMP followed by GIRLS LONG JUMP

 **B. RUNNING EVENTS: Girls followed by Boys on “Rolling Start”**

 3:30pm - 100m/110m HURDLES

 4 x 100m RELAY

 1600m RUN \*

 100m DASH

 400m DASH

 800m RUN

 200m RUN

 4 x 400m RELAY

**II. RULES**

 1. A contestant may compete in no more than 3 events.

 2. Each school is limited to 1 relay team in each relay event.

 3. Each school is limited to 2 entries in each event.

 4. Hurdle heights for girls is 30” and 33” for boys. High school hurdle marks and spacing will be used.

 5. SCORING: Open events are scored 10-8-6-4-2-1 and Relays are 10-8-6-4-2.

 **\*** Meet director may opt to run events as one heat of combined boys and girls to save time.

**III. COACHES INFORMATION**

 1. Entry fee is $45 per school. Checks payable to “Murphy Track” due at time of meet.

 2. All coaches are responsible for their team at all times.

 3. There will be concessions sold before and during the meet.

 4. All appeals will be ruled upon by the meet director according to National Federation Rules.

 5. Please bring any equipment (tape measures, stopwatches, etc.) you feel may be helpful.

 6. Results will be posted at www.mhspanthers.com Choose “Panther Sports” and scroll down to “Track &

 Field.” Results are usually posted within 24 hours.

For more information, contact Coach Brandon Oliver at boliver@mcpss.com

**MIDDLE SCHOOL TRACK & FIELD MEET ENTRY**

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| --- | --- | --- |
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 BOY’S COACH SCHOOL NAME GIRL’S COACH

Please send completed entry forms to Coach Oliver **by NOON the day before the meet**.

Scratches & Adds will be accepted **at check-in** on the day of the meet.

Please enter athlete names in FIRST & LAST format (Ex: Michael Williams)

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| --- | --- | --- |
| **BOY’S NAMES** | **EVENT** | **GIRL’S NAMES** |
|  | **SHOT PUT** |  |
|  |  |
|  | **HIGH JUMP** |  |
|  |  |
|  | **LONG JUMP** |  |
|  |  |
|  | **100m HURDLES** |  |
|  |  |
|  |  | **4 x 100m RELAY** |  |  |
|  |  |  |  |
|  | **1600m RUN** |  |
|  |  |
|  | **100m DASH** |  |
|  |  |
|  | **400m DASH** |  |
|  |  |
|  | **800m RUN** |  |
|  |  |
|  | **200m DASH** |  |
|  |  |
|  |  | **4 x 400m RELAY** |  |  |
|  |  |  |  |

SEND ENTRIES TO boliver@mcpss.com by Noon the day before the meet.