

Order of Track Events	Total # of School Entries GIRLS	Total # of School Entries BOYS
100 Meter Schools are encouraged to enter 3 athletes per grade. <i>Schools are limited to no more than 5 entries per grade.</i>	9	9
1600 Meter (Mile) Qualifying times for district event: 9:00 minimum for boys, 11:00 minimum for girls	9	9
4 x 100 Meter <i>Each school can enter two teams of 4 athletes. Relay teams can be mixed grades however, no more than 2 ninth graders can participate on each relay team.</i>	8	8
400 Meter Each school can enter 3 athletes.	3	3
800 Meter Each school can enter 3 athletes.	3	3
200 Meter Schools are encouraged to enter 3 athletes per grade. <i>Schools are limited to no more than 5 entries per grade.</i>	9	9
1600 Meter Medley Relay 200 M x 200 M x 400 M x 800 M Each school can enter one team of four individuals from any grade.	4	4
4 x 400 Meter Relay Each school can enter one team of four individuals from any grade.	4	4
FIELD EVENTS <i>No finals are held. Best outcome wins.</i>	Total # of School Entries GIRLS	Total # of School Entries BOYS
Running Long Jump Schools will enter their top three athletes. Each athlete is given 4 jumps.	3	3
High Jump Schools will enter their top three athletes. Girls begin at 3 feet 10 inches and increase by 2 inch intervals. Boys begin at 4 feet 8 inches and increase by 2 inch intervals. Each athlete is given 3 attempts at each height.	3	3
Shot Put Schools will enter their top three athletes. Girls throw a 6 lbs. shot, boys throw an 8 lbs. shot.	3	3
Javelin Schools will enter their top three athletes. Girls and boys will throw a 500 gram turbo javelin. Each participant is allowed 4 throws. Participants will be limited to a 10 yard approach and runway. They will not be allowed to cross or touch the foul line before the javelin lands. The head of the javelin must hit the ground first to count.	3	3
Discus Schools will enter their top three athletes. Girls and boys will throw a 1 kilo discus. Each participant is allowed 4 throws. A one step throw will be allowed. The athlete must begin each attempt from a stationary position facing the direction of the throw.	3	3