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Meet Information:

Wednesday, May 15, 2024 – 9:00 a.m. Start

Ron Rubick Municipal Field Track (2200 Grand Avenue, Manitowoc)

**Meet Schedule:**

- 8:30 a.m. – Coaches Meeting
- 8:45 a.m. – Devotion (assemble in bleachers)
- 9:00 a.m. – All Field Events begin
- 9:15 a.m. – Track Events begin

**Guidelines:**

- Levels:
  - 5<sup>th</sup>/6<sup>th</sup> boys and 5<sup>th</sup>/6<sup>th</sup> girls *(individual competition*
  - 7<sup>th</sup>/8<sup>th</sup> boys and 7<sup>th</sup>/8<sup>th</sup> girls *but co-ed team awards by division)*
- Each athlete may participate in a maximum of 4 individual events (No more than 3 field or 3 running events) and 1 relay.
- Each school can enter up to 3 participants in each event.
- Team Points: 10/8/6/4/2/1
- 5<sup>th</sup>/6<sup>th</sup> Grade students can run the mile, but it will only count for points for the 7<sup>th</sup>/8<sup>th</sup> grade team.
- Starting high jump heights are explained in the “Event Rules and Reminders” document
- Shot put weights: girls (6 lb) & boys (8 lb)
- Discus weight: 1kg (boys and girls)
- Finals will only be held for the 50m and 100m runs.
- Hurdle height: 30 inches (*13m to the first hurdle – 8.5m between the rest – 10.5m to the finish*)
- No Substitutes only scratches
- 8 Track Lane
- Power Source- I will figure that out this week. I am unsure at this time.

## Order of Events

### **Track Events – 9:15 A.M. Start**

5-6 girls 50 prelim.  
5-6 boys 50 prelim.

7-8 girls 100 prelim.  
7-8 boys 100 prelim.  
5-6 girls 100 prelim.  
5-6 boys 100 prelim.

5-6 girls 100 hurdles  
5-6 boys 100 hurdles  
7-8 girls 100 hurdles  
7-8 boys 100 hurdles

5-6 girls 50 finals  
5-6 boys 50 finals

7-8 girls 100 finals  
7-8 boys 100 finals  
5-6 girls 100 finals  
5-6 boys 100 finals

7-8 girls 1600 meters  
7-8 boys 1600 meters

5-6 girls 4x100 relay  
5-6 boys 4x100 relay  
7-8 girls 4x100 relay  
7-8 boys 4x100 relay

5-6 girls 400  
5-6 boys 400  
7-8 girls 400  
7-8 boys 400

5-6 girls 4x200 relay  
5-6 boys 4x200 relay  
7-8 girls 4x200 relay  
7-8 boys 4x200 relay

5-6 girls 800  
5-6 boys 800  
7-8 girls 800  
7-8 boys 800

5-6 girls 200  
5-6 boys 200  
7-8 girls 200  
7-8 boys 200

### **LUNCH BREAK**

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### **Field Events – 9:00 A.M. Start**

#### ***First Round***

5-6 girls Long Jump/Triple Jump  
7-8 girls Discus  
5-6 boys High Jump  
7-8 boys Shot Put

#### ***Second Round***

5-6 girls High Jump  
7-8 girls Shot Put  
5-6 boys Long Jump/Triple Jump  
7-8 boys Discus

#### ***Third Round***

5-6 girls Softball Throw  
7-8 girls High Jump  
5-6 boys Discus  
7-8 boys Long Jump/Triple Jump

#### ***Fourth Round***

5-6 girls Discus  
7-8 girls Long Jump/Triple Jump  
5-6 boys Softball Throw  
7-8 boys High Jump