

ST PAUL LUTHERAN TRACK AND FIELD ORDER OF EVENTS

9:00 AM

BOYS 7-8 RUNNING	BOYS 5-6 FIELD
50 M Dash Trials 75 M Dash Trials 100 M Dash Trials 400 M Run 50 M Dash Finals 75 M Dash Finals 100 M Finals 100 M Shuttle 200 M Shuttle 400 M Relay 800 M Run 200 M Run	Running Long Jump Standing Long Jump Rope Skipping Softball Throw

10-15 minutes following the end of 7-8 Boys Running

BOYS 7-8 FIELD	BOYS 5-6 RUNNING
Running Long Jump Standing Long Jump Softball Throw Rope Skipping Shot Put	50 M Dash Trials 75 M Dash Trials 100 M Dash Trials 400 M Run 50 M Dash Finals 100 M Shuttle 75 M Dash Finals 200 M Shuttle 100 M Dash Finals 200 M Dash

12:15 PM - BOYS KICKBALL

12:30 PM

GIRLS 7-8 RUNNING	GIRLS 5-6 FIELD
50 M Dash Trials 75 M Dash Trials 100 M Dash Trials 400 M Run 50 M Dash Finals 75 M Dash Finals 100 M Dash Finals 100 M Shuttle 75 M Dash Finals 200 M Shuttle 400 M Relay 800 M Run 200 M RUN	Running Long Jump Standing Long Jump Rope Skipping Softball Throw

10-15 minutes following the end of 7-8 Boys Running

GIRLS 5-6 FIELD	GIRLS 5-6 RUNNING
Running Long Jump Standing Long Jump Softball Throw Rope Skipping Shot Put	50 M Dash Trials 75 M Dash Trials 100 M Dash Trials 400 M Run 50 M Dash Finals 100 M Shuttle 75 M Dash Finals 200 M Shuttle 100 M Dash Finals 200 M Dash

3:30 pm - Tug of War

4:00 pm - Closing and Awards Presentation