

THE TRACK AND RUNWAYS ARE NEWLY RESURFACED. Regular ¼ inch spikes are allowed. Coaches PLEASE remind athletes to PLEASE keep gum, candy, food, beverages off of the track. **Absolutely NO TAPE on the track or on the runways. Find some poly-spots or something else to use to mark your starting points.** **THANK YOU!!** Please remind your parents and other spectators to watch from the bleachers or on the outside of the track. **ONLY TRACK ATHLETES/COACHES ALLOWED IN THE AREA INSIDE OF THE TRACK.**

Entry fee is \$100 per school. ***Bring tape measures and helpers to run off your assigned event.*** The following schools will be responsible for the following events:

Frankfort: Pole Vault
Centralia: High Jump
Onaga: Triple Jump
Blue Valley: Long Jump (W)
Hanover: Long Jump (E)

Valley Heights: Discus (North)
Luckey: Discus (South)
SPPS: Shot Put (North)
Frankfort: Shot Put (South)

Pole Vault & High Jump begin at 12:30.

Event	Round 1	Round 2	Round 3	Round 4
North Shot Put	8 th Girls	7 th Girls		
South Shot Put	8 th Boys	7 th Boys		
North Discus	7 th Boys	8 th Boys		
South Discus	7 th Girls	8 th Girls		
High Jump	8 th Girls	7 th Girls	8 th Boys	7 th Boys
Pole Vault	7 th Boys/8 th Boys	8 th Girls/7 th Girls		
Long Jump	7 th Boys	7 th Girls		
Long Jump	8 th Girls	8 th Boys		
Triple Jump	7 th Girls	7 th Boys	8 th Boys	8 th Girls

*****7th/8th Boys and 7th/8th Girls may be combined for the pole vault and high jump events, depending on number of competitors. Any questions please do not hesitate to call.**

RUNNING EVENTS

Start at 3:00 PM

7th Girls/Boys 3200 M Run
8th Girls/Boys 3200 M Run

Start at 3:30 PM

7th Girls 100 M Hurdles
7th Boys 100 M Hurdles
8th Girls 100 M Hurdles
8th Boys 100 M Hurdles
7th Girls 100 M Dash
7th Boys 100 M Dash
8th Girls 100 M Dash
8th Boys 100 M Dash
7th Girls 1600 M Run

7th Boys 1600 M Run
8th Girls 1600 M Run
8th Boys 1600 M Run
7th Girls 400 M Relay
7th Boys 400 M Relay
8th Girls 400 M Relay
8th Boys 400 M Relay
Weightman's Relay (4 x 100)
7th Girls 400 M Dash
7th Boys 400 M Dash
8th Girls 400 M Dash
8th Boys 400 M Dash
7th Girls 800 M Relay
7th Boys 800 M Relay
8th Girls 800 M Relay
8th Boys 800 M Relay
7th Girls 800 M Run
7th Boys 800 M Run
8th Girls 800 M Run
8th Boys 800 M Run
7th Girls 200 M Dash
7th Boys 200 M Dash
8th Girls 200 M Dash
8th Boys 200 M Dash
7th Girls Medley Relay (100-100-200-400)
7th Boys Medley Relay (100-100-200-400)
8th Girls Medley Relay (100-100-200-400)
8th Boys Medley Relay (100-100-200-400)