

Pembroke Academy Track & Field 2019 Summer Middle School Meets

We will be hosting 4 meets for middle schoolers (entering 5th through 9th grade) on Thursdays this summer at **Pembroke Academy High School**.

There will be 3 regular meets with a rotating set of events with the final meet offering a pentathlon as well.*

**NOTE: We've changed meets to have the same running events each week and the final week will have an optional pentathlon - those not wanting to do all 5 events can choose any others as they wish*

These are fun, relaxed meets where athletes are encouraged to do multiple events.

The running events will proceed in the order listed below.

Long and triple jump, and the throwing events will each be 'open' for 45 minutes or so. Athletes can just show up and get their attempts in whenever they are ready. We'll try to just keep the bar moving up in the high jump but we'll drop it again if necessary to get everyone a chance.

We'll be using an iPad and an app named [SprintTimer](#) to time the sprints and a Seiko stopwatch/printer for the longer runs (800m and mile).

Cost: \$5 per athlete per meet for non-PA Summer Camp Athletes
(Each athlete can enter as many events as they'd like)

Fri July 12th	6pm - 8pm (sign-ups and warm-ups start at 5pm)	Summary and Results
Running Events	100m hurdles, 100m, 400m, Mile, 4 x 100m <i>(teams made up on the fly)</i>	
Field Events	Long Jump, Triple Jump, High Jump, Shot Put, Discus	

Thurs July 18th	6pm - 8pm (sign-ups and warm-ups start at 5pm)	Summary and Results
Running Events	100m hurdles, 100m, 400m, Mile, 4 x 100m <i>(teams made up on the fly)</i>	
Field Events	Long Jump, Triple Jump, High Jump, Discus, Javelin	

Thurs July 25th	6pm - 8pm (sign-ups and warm-ups start at 5pm)	Summary and Results
Running Events	100m hurdles, 100m, 400m, Mile	
Field Events	Long Jump, Triple Jump, High Jump, Shot Put, Javelin	

Thurs Aug 1st	6pm - 8pm (sign-ups and warm-ups start at 5pm)	Summary and Results
Running Events	100m hurdles, 100m, 400m, Mile, 4 x 100m <i>(teams made up on the fly)</i>	
Field Events	Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin	