

2026 Braswell Zone Tri Meet

2:30-Carrico Stadium opens. Athletes can begin warming up in their designated zone.

-3:30-

Field Events: Begin in the Following Order. Each athlete will get three throws and three jumps. Please allow up to 15 mins between divisions for warm up.

Long Jump: East Pits (7G/7B, 8G/8B)

Triple Jump: West Pits (8G/8B, 7G/7B)

High Jump: East Pit (7B 4'4, 7G 4'), West Pit (8B 4'6, 8G 4'2)

Pole Vault: (7G 5'/8G 5', 7B 5'/8B 6' 6) – 7th and 8th grade will compete together.

Shot Put: East Pit (7G/7B), South Pit(8G/8B) We will only mark and measure furthest throw.

Discus: South Ring (7B/7G), West Ring (8B/8G) We will only mark and measure furthest throw.

-4:00-

2400m – combine 7th & 8th same gender

-5:00-

100H: 30in - (7G, 8G)

110H: 33/36in - (7B, 8B)

4x100m Relay (7G, 8G, 7BG, 8B)

800m (7G, 8G, 7B, 8B) - may combine 7th & 8th same gender

100m (7G, 8G, 7B, 8B)

4x200m Relay (7G, 8G, 7B, 8B)

400m (7G, 8G, 7B, 8B)

300H: girls 30in, boys 33in - (7G, 8G, 7B, 8B)

200m (7G, 8G, 7B, 8B)

1600m (7G, 8G, 7B, 8B) - may combine 7th & 8th same gender

4x400m Relay (7G, 7B, 8G, 8B)