

## **Order of Events – Quinter Youth Track Meet**

Field Events Start at 10am – All field events except high jump are cafeteria style. 3 attempts in all throws and jumps.

5/6 girls and boys – west runway/south pit

7/8 boys long jump – east runway/north pit

7/8 girls long jump – east runway/south pit

9/10 and 11/12 girls long jump – west runway/north pit

9/10 and 11/12 boys long jump – west runway/middle pit

Girls shot put – north ring; Boys shot put – south ring

Discus – south end of football practice field

Girls softball throw – south end of football field; Boys softball throw – north end of football field

Girls Turbo Javelin – east runway on football practice field; Boys – west runway

Running Events will start when field events are finished, hopefully about noon.

### **Order of Running Events:**

100m Hurdles

800m Run

100m Dash

50m Dash

50m Hurdles

50m Fun Run for ages 4 and under

200m Dash

1600m Run

200m Hurdles

400m Dash

4x100 Relays – We will combine age groups for 5/6 and 7/8 year olds. No medals or ribbons but everyone will get a popsicle.

Medley Relay for 9/10 and 11/12 year olds – 100,100,200,400 (medals/ribbons will be awarded).

Parents 4x100 Relay – can be coed, winners get a box of DQ Dilly Bars

\*A concession stand will be available.

\*Meet results will be posted at the meet only.

### **Shot Put:**

3lb: 7/8 boys and girls, 9/10 Girls

4lb: 9/10 Boys, 11/12 Girls

6lb: 11/12 Boys

### **Turbo Jav:**

300 g: 5/6 Boys and Girls, 7/8 Boys and Girls

400 g: 9/10 Boys and Girls

500 g: 11/12 Boys and Girls

### **Discus:**

1kg: 9/10 Boys and Girls and 11/12 Boys and Girls