

# *Middle School - East Track*

## *Order of Events*

### *2020 Season*

**Field Events:** begin at 3:30. (Long Jump, High Jump, & Shot Put)

Participants competing in Field Events are designated “points” and “exhibition” participants, as determined by practice performance. Points (1<sup>st</sup> Place= 5 / 2<sup>nd</sup> Place= 3 / 3<sup>rd</sup> Place= 1) are awarded to those “points” participants and added to the team’s total. “Exhibition” participants try to improve their distance in order to become a “points” participant in the next meet.

**Running Events:** begin approximately 3:45

In each race, the first heat is the “points” heat. Runners in this heat are competing for points (1<sup>st</sup> Place= 5 / 2<sup>nd</sup> Place= 3 / 3<sup>rd</sup> Place= 1) to add to the team’s total. The subsequent heats are “exhibition” heats. Participants in these heats are attempting to improve their times and move into the “points” heat in the next meet. Points are not awarded in exhibition heats. Relays: (1<sup>st</sup> Place =5 / 2<sup>nd</sup> Place =0)

In 2020, boys will compete first, followed by the girls in each event. There are 137 possible points awarded in a meet. 69 points are needed in order to win the meet.

Meets end approximately 5:45/6:00, depending on the number of athletes participating.

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

1600 Meter Run

55 Meter Hurdles (Boys always run first)

800 Meter Relay

800 Meter Run (7<sup>th</sup> Grade 1<sup>st</sup>/8<sup>th</sup> Grade 2<sup>nd</sup>)\*

100 Meter Dash

400 Meter Run

70 Meter Dash (7<sup>th</sup> Grade 1<sup>st</sup>/8<sup>th</sup> Grade 2<sup>nd</sup>)\*

200 Meter Hurdles

200 Meter Run

1600 Meter Relay (7<sup>th</sup> Grade 1<sup>st</sup>/8<sup>th</sup> Grade 2<sup>nd</sup>)\*

400 Meter Relay

\*7<sup>th</sup> Graders compete only against 7<sup>th</sup> Graders and 8<sup>th</sup> Graders compete only against 8<sup>th</sup> Graders. All other events - no separation by grade level.