

**Belle Fourche Middle School Track Triangular**  
**Tuesday, April 30<sup>th</sup>, 2019 – Lou Graslie Field – 12:00 pm**

**Teams:** Belle Fourche, Newell, Spearfish, & Sturgis

**Entries:** Unlimited entries per school in all events. Each individual will be limited to four events. This will be a sticker meet so make sure all of your kids have a sticker for each event they are competing in. Please make sure they have their name, school, event, & grade level on the sticker.

**Divisions:** 7<sup>th</sup> girls, 7<sup>th</sup> boys, 8 girls, 8<sup>th</sup> boys. If you have 6<sup>th</sup> graders they will have to run with the 7<sup>th</sup> grade. We will award ribbons for 1<sup>st</sup> – 6<sup>th</sup> place.

Coaches, please be prepared to help wherever needed. I am trying to round up some help but odds are we will be struggling to get things covered.

Timing will be handheld. Results and ribbons will be mailed out after the meet.

**Short Coaches Meeting:** 11:30 am We will try to figure out how we're covering all events???

**Field Events – 12:00 pm**

Discus - Girls followed by Boys  
Shot Put - Boys followed by Girls  
High Jump - Girls followed by Boys  
Long Jump – (North Pit) Boys 7<sup>th</sup> followed by 8<sup>th</sup>  
Long Jump – (South Pit) Girls 7<sup>th</sup> followed by 8<sup>th</sup>  
Triple Jump – Girls 8<sup>th</sup>/7<sup>th</sup> followed by 7<sup>th</sup> boys/8<sup>th</sup> boys

**Running Events – 1:00 pm**

Except the hurdles, all events will be run 7G, 7B, 8G, 8B.

75 Hurdles 7-G, 8-G, 7-B, 8-B  
100 m Dash  
1600m Run  
800m Relay  
400m Dash  
800m Run  
200m Dash  
400m Relay