

**Middle School Track Invite
Belle Fourche, South Dakota
Friday, April 12th, 2019 – 9:00 a.m.**

Order of events is as follows:

****Coaches Meeting – 8:30 am – Press Box****

Field Events – 9:00 am

*3200M Run – 9:00 am (7/8 G – 7/8 B)

Running Order Unless Otherwise Noted:

(7G, 7B, 8G, 8B)

Discus (7G, 8G, 7B, 8B South)

Running Events – 10:30 am
(Rolling Schedule)

75M Hurdles (7G, 8G – 30" – Green Mark)

75M Hurdles (7B – 33"; 8B – 36" – Red Mark)

3200M Relay (7G, 8G) possible combined heat

100M Dash

3200M Relay (7B, 8B) possible combined heat

800M Relay

1600M Run

400M Relay

400M Dash

200M Hurdles (30")

Medley Relay (Short – 100, 100, 200, 400)

800M Run

200M Dash

1600M Relay

High Jump (7B, 8B, 8G, 7G)

Long Jump (7B, 8B North)

Long Jump (8G, 7G SW)

Triple Jump SE (8B, 7B, 7G, 8G)

Shot Put (8B, 7B, 8G, 7G)

Starting heights for High Jump

3'6" – 7th Girls

3'8" – 8th Girls

4'0" – 7th Boys

4'2" – 8th Boys