

Middle School Gold Standard

TENTATIVE Meet Schedule

Time	Event	Heats girls/boys (Potential # of heats)
5:30	1600 Meter Run	2/2
6:05	400 Meter Dash	5/4
6:40	60 Meter Hurdles	3/2
6:55	60 Meter Dash	7/3
7:30	800 Meter Dash	3/4
8:00	4x200 Meter Relay	3/3
9:00	Team Awards	3/3

Field Events	Flights Girls/Boys
5:30	Girls/Boys Long Jump 1/2
5:30	Girls Pole Vault 1
5:30	Girls Shot Put 2
6:30	Boys Shot Put 1
7:00	Boys Pole Vault 1
7:30	Girls/Boys High Jump 1/1

The heats will be run slow-fastest heat. The final heat will be the top ranked performances.