

Middle School Gold Standard

TENTATIVE Meet Schedule

Time	Event	Heats girls/boys
5:30	1600 Meter Run	2/2
6:05	400 Meter Dash	6/6
6:40	60 Meter Hurdles	4/2
6:55	60 Meter Dash	7/4
7:30	800 Meter Dash	3/3
8:00	4x200 Meter Relay	6/6
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.