

Sidney Middle School



SIDNEY HIGH SCHOOL TRACK MEET @ Lambert High School BOYS AND GIRLS April 21, 2018

SCHEDULE OF EVENTS

RUNNING EVENTS		FIELD EVENTS	
10:00	100 Meter Hurdles – Girls	9:00	Javelin – Girls
10:30	110 Meter Hurdles – Boys		Discus – Boys
10:45	100 Meter Dash – Girls		Long Jump – Boys
	100 Meter Dash – Boys		Pole Vault – Girls
			Long Jump – Girls
11:15	400 Meter Run – Girls		
	400 Meter Run – Boys		
		11:00	Discus – Girls
11:45	1600 Meter Run – Girls		Shot Put – Boys
	1600 Meter Run – Boys		Triple Jump – Girls
12:15	400 Meter Relay – Girls		
	400 Meter Relay – Boys		
1:00	800 Meter Run – Girls		
	800 Meter Run – Boys	12:30	Shot Put – Girls
1:30	200 Meter Run – Girls		Pole Vault – Boys
	200 Meter Run – Boys		High Jump – Boys
2:00	300 Meter Hurdles – Girls		
	300 Meter Hurdles – Boys		
2:30	3200 Meter Run – Girls	2:00	High Jump – Girls
	3200 Meter Run – Boys		Triple Jump – Boys
			Javelin – Boys
3:15	1600 Meter Relay – Girls		
	1600 Meter Relay – Boys		

Please note:

1. 1/8” spikes only on the track surface
2. No “camping” on the football field.
3. Athletes need to be in the stands when not in competition
4. Concessions will be provided on site
5. NO ELECTRONIC DEVICES IN TRACK AREA OR FIELD COMPETITION AREA.
6. No spikes are to be worn in the bleacher area