



# Track and Field Event Schedule

## Running Events: Starting at 6:00pm

- |          |                  |
|----------|------------------|
| 1. 1600m | 9 - 18 year olds |
| 2. 100m* | 9 - 18 year olds |
| 3. 800m  | 9 - 18 year olds |
| 4. 200m* | 9 - 18 year olds |
| 5. 400m* | 9 - 18 year olds |



\*Races are run: 9/10 girls, 9/10 boys, 9/10 open, 11/12 girls, 11/12 boys, 11/12 open, 13/14 girls, 13/14 boys, 13/14 open, 15-18 girls, 15-18 boys, 15-18 open, 1600 and 800 will group more age divisions together for efficient use of track lanes

## Field Events:

Shot Put	13 - 18 year olds	6 - 7pm
Turbo Jav	9 - 12 year olds	On-Going starting at 6pm
Softball Throw	9 - 12 year olds	On-Going starting at 6pm
Long Jump	9 - 18 year olds	On-Going starting at 6pm
High Jump*	9 - 18 year olds	

(starting height 3'2" @ 6:00pm, will be reset back to 3'2" @ 7:15pm)

\* There will be a height indicator that will show the height of the bar.



Athletes will compete in their appropriate age level.  
Youth will be divided as 9/10, 11/12, 13/14 & 15-18 year olds.

**Thank you for participating in and supporting MPRB Track and Field!**

## Event Information for Staff:

### High Jump:

All ages

- ~ 6:00pm set the bar to 3'2" & have youth jump, once all youth at the event have completed that height move up 2".
- ~ Continue doing this until all youth have gone.
- ~ At 7:15pm reset the bar at 3'2" and continue going up in heights until the event is finished or 9:00pm (whichever is first).
- ~ Youth receive 2 attempts. If they scratch both attempts they are done for the evening. If they scratch and then pass they move up to the next height and get 2 attempts again.

### Turbo Jav:

9 - 12 year olds only

- ~ Youth will each receive 3 attempts
- ~ **Youth must throw the turbo jav like a spear.** They can not throw it so that it goes end over end.
- ~ Measure where the turbo jav first hits.
- ~ Make sure that youth do not cross the line when throwing.
- ~ Youth can take more than one step to throw.

### Softball Throw:

9 - 12 year olds only

- ~ Youth will each receive 3 attempts
- ~ **Measure from where the ball first lands,** not where it rolls too.
- ~ Make sure that youth do not cross the line when throwing.
- ~ Youth can take more than one step when throwing

### Shot Put:

13 - 18 year olds only

- ~ Event will run from 6 - 7pm.
- ~ Each youth will receive 3 attempts.
- ~ Measure where the shot first hits the ground.

### Long Jump:

All ages

- ~ Youth receive 2 jumps.
- ~ Mark scratches on the score sheet & let youth know when they scratch and why they scratch.
- ~ Measure where the youth lands (if they fall backwards, it counts where they fall back to).