

De Soto Junior High "Quad" Track and Field Meet

Date: Tuesday March 20th , 2018
Site: J.C. Culwell Stadium @ De Soto High School

Participating Teams: Festus, Windsor, Hillsboro, Crystal City, Potosi, Grandview, R-7 and De Soto

Order of Running Events (Girls followed by Boys) Running events start @ 4:30 p.m.

75/100 hurdles
 100 meters
 4x200 meter relay
 1600 meter run
 4x 100 meter relay
 400 meter run
 800 meter run (may run two heats depending on numbers)
 200 meter run
 Sprint Medley(200,100,100, 400)
 4x400 meter run

Field Events start @ 3:45 p.m.

Long Jump and Triple Jump will be an open cafeteria style and will close at 6:30.
 Girls Discus followed by boys
 Boys Shot Put followed by girls
 Girls pole vault Followed by boys
 Boys high Jump followed by girls

EVENT	LANE 1	LANE 2	LANE3	LANE 4	LANE 5	LANE 6	LANE7	LANE 8
100 hurdles	Windsor	Festus	De Soto	Potosi	Grandview	Hillsboro	Crystal City	R-7
100 meters	R-7	Windsor	Festus	De Soto	Potosi	Grandview	Hillsboro	Crystal City
4x200 meter relay	Crystal City	R-7	Windsor	Festus	De Soto	Potosi	Grandview	Hillsboro
1600 meter run								
4x 100 meter relay	Hillsboro	Crystal City	R-7	Windsor	Festus	De Soto	Potosi	Grandview
400 meter run	Grandview	Hillsboro	Crystal City	R-7	Windsor	Festus	De Soto	Potosi
800 meter run								
200 meter run	Potosi	Grandview	Hillsboro	Crystal City	R-7	Windsor	Festus	De Soto
Sprint Medley (100, 100,200, 400)	De Soto	Potosi	Grandview	Hillsboro	Crystal City	R-7	Windsor	Festus
4x400 meter run	Festus	De Soto	Potosi	Grandview	Hillsboro	Crystal City	R-7	Windsor