

Middle School 3/22/18

Janis Williams Invitational

Thursday starting time 3:30 pm (we reserve the right to change starting time if necessary).

Running Event: Girls first, followed by the boys; start at 4:00

\*Open 1200 Middle school (no points, for athletes not entered in other events, unlimited entries.) No points, not awarded, and not FAT timed Start Time 4:00

4X800M Relay - Start Time 4:30pm

100m Hurdles middle school

100m middle school

4 x 200m Relay middle school

1600m middle school

4 x 100m Relay middle school

400m middle school

800m middle school

200m middle school

Sprint Medley Relay (200m –100m –100m –400m)

4 x 400m Relay middle school

Middle School Field Events

Start @ 3:30

Boys' Discus Followed by Girls' Discus

Girls' Shot Put Followed by Boys' Shot Put

Boys' High Jump Followed by Girls

Boys' Long Jump Followed by Girls' Long Jump

Girls' Triple Jump Followed by Boys' Triple Jump

Girls' Pole Vault Followed by Boys' Pole Vault