

9/10 Track & Field Meet

Track & Field Meet @Buffalo

- Date: Thursday, April 25th, 2019
- Time: 4:00 pm, (*Coaches meet at the finish line @ 3:50 pm*)
- Teams: St. Michael Albertville, Waconia, Annandale, Monticello Boys and Buffalo
- Competitors: Please write these competitor numbers on the athlete's left hand, we will run numbers on the rosters from mshsl.org and send out Monday 4/24.
- Scoring: 6-4-3-2-1 Individual events and 6-4-2 for Relays
Please tell your fastest athletes to runner in the earlier heats
- Staging: We will stage all races on the north end of the track near the start of the 100 and 110's.
- Field Events: 4 jumps or throws no finals – Shot Put, Discus, Long jump, Triple Jump, High Jump, Pole Vault
- Entries: Unlimited

Schedule: GIRLS EVENTS WILL PRECEDE BOYS EVENTS UNLESS OTHERWISE INDICATED.

4 X 800 METER RELAY

100 METER HURDLES (GIRLS)

110 METER HURDLES (BOYS)

100 METER DASH

4 X 200 METER RELAY

1600 METER RUN

4 X 100 METER RELAY

400 METER DASH

300 METER HURDLES

800 METER RUN

200 METER DASH

3200 METER RUN

4 X 400 METER RELAY

FIELD EVENTS

LONG JUMP

TRIPLE JUMP

HIGH JUMP (Girls First)

SHOT PUT (Girls First)

DISCUS THROW (Boys First)

POLE VAULT (Boys First)

** We will have a long jump pit and a triple jump pit with boys and girls going on simultaneously.

Long and Triple Jumps will be cafeteria style