



**@ Aug Prep
TRACK AND FIELD
MIDDLE SCHOOL MEET SCHEDULE**

MEET 1 (March 5, 2020)

**No more than 4 events per athlete
Max 7 entries per event per school**

FIELD START @ 3:30 P.M. RUNNING EVENTS START @ 4:30PM

SHOT PUT	BOYS	100LH
DISCUS	GIRLS	100
HIGH JUMP	BOYS	1600
LONG JUMP	GIRLS	400

MEET 2 (March 13, 2020)

**No more than 4 events per athlete including relays
Max 7 entries per event per school**

FIELD START @ 3:30 P.M. RUNNING EVENTS START @ 4:30PM

SHOT PUT	GIRLS	4X100 RELAY
DISCUS	BOYS	800
HIGH JUMP	GIRLS	300IH
LONG JUMP	BOYS	200
		4X400 RELAY

MEET 3 (March 26, 2020)

**No more than 5 events per athlete including relays
Max 5 entries per event per school**

FIELD START @ 3:30 P.M. RUNNING EVENTS START @ 5:00PM

SHOT PUT	B/G	100LH
DISCUS	G/B	100
HIGH JUMP	G/B	1600
LONG JUMP	B/G	400
		300IH



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MEET 4 (April 1, 2020)

**No more than 5 events per athlete including relays
Max 5 entries per event per school**

FIELD START @ 3:30 P.M. RUNNING EVENTS START @ 5:00PM

SHOT PUT	B/G	100LH
DISCUS	G/B	4x100
HIGH JUMP	G/B	800
LONG JUMP	B/G	200
		4x400

MEET 5 April 16, 2020 CHAMPIONSHIP MEET

**No more than 3 entries per event
Limit of 5 events per individual including the relays
Limit of 2 relay teams per school**

SCRATCH MEETING @ 11:00 a.m.

FIELD EVENTS START @ 12:00 NOON

SHOT PUT	B/G
DISCUS	G/B
HIGH JUMP	G/B
LONG JUMP	B/G

RUNNING TIMED FINALS BEGIN @ 2:30 P.M.

**100LH
4X100
800
100
400
300IH
200
1600
4X400**