**MIDDLE SCHOOL TRACK & FIELD MEET INFO**

**HOSTED BY MURPHY HIGH SCHOOL**

MEET DIRECTOR: Brandon Oliver [boliver@mcpss.com](mailto:boliver@mcpss.com)

**I. ORDER OF EVENTS**

**A. FIELD EVENTS**

3:30pm - GIRLS SHOT followed by BOYS SHOT

3:30pm- GIRLS HIGH JUMP followed by BOYS HIGH JUMP

3:30pm - BOYS LONG JUMP followed by GIRLS LONG JUMP

**B. RUNNING EVENTS: Girls followed by Boys on “Rolling Start”**

3:30pm - 100m HURDLES

4 x 100m RELAY \*

1600m RUN \*

100m DASH

400m DASH

800m RUN \*

200m RUN

4 x 400m RELAY

**II. RULES**

1. A contestant may compete in no more than 3 events.

2. Each school is limited to 1 relay team in each relay event.

3. Each school is limited to 2 entries in each event.

4. Girls will compete at 100m and 30” height and Boys at 33” height in the hurdle events.

5. SCORING: Open scoring is 10-8-6-4-2-1 and Relay events are scored 10-8-6-4-2.

**\*** Meet director may opt to run events as one heat of combined boys and girls to save time.

**III. COACHES INFORMATION**

1. Entry fee is $45 per school. Checks payable to “Murphy Track and Field” due at time of meet.

2. All coaches are responsible for their team at all times.

3. There will be concessions sold before and during the meet.

4. All appeals will be ruled upon by the meet director according to National Federation Rules.

5. Please bring any equipment (tape measures, stabbers, stopwatches, etc.) you feel may be helpful.

6. Results will be posted or emailed to participating schools by Noon on Monday after the meet.

For more information, contact Coach Oliver at [boliver@mcpss.com](mailto:boliver@mcpss.com)

**MIDDLE SCHOOL TRACK & FIELD MEET ENTRY**

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BOY’S COACH SCHOOL NAME GIRL’S COACH

Please send completed entry forms **by 12:00pm on the day prior to the meet (earlier the better)**.

Scratches & Adds will be accepted **at check-in** on the day of the meet.

**PLEASE ENTER ATHLETES’ FIRST AND LAST NAMES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BOY’S NAMES** | | **EVENT** | **GIRL’S NAMES** | |
|  | | **SHOT PUT** |  | |
|  | |  | |
|  | | **LONG JUMP** |  | |
|  | |  | |
|  | | **HIGH JUMP** |  | |
|  | |  | |
|  | | **100m HURDLES** |  | |
|  | |  | |
|  |  | **4 x 100m RELAY** |  |  |
|  |  |  |  |
|  | | **1600m RUN** |  | |
|  | |  | |
|  | | **100m DASH** |  | |
|  | |  | |
|  | | **400m DASH** |  | |
|  | |  | |
|  | | **800m RUN** |  | |
|  | |  | |
|  | | **200m DASH** |  | |
|  | |  | |
|  |  | **4 x 400m RELAY** |  |  |
|  |  |  |  |

EMAIL ENTRIES to [boliver@mcpss.com](mailto:boliver@mcpss.com) by **12:00pm on the day prior to the meet**.