

LISD Middle School Track & Field Events and Meet Order

Field Event Start: 4:30 PM

Shot Put - Boys - 8lb, Girls - 6lb (3 Throws Only)	7B, 8B, 7G, 8G
Discus - 1K (3 Throws Only)	7G, 8G, 7B, 8B
Long Jump (3 Jumps Only)	8B, 7B, 8G, 7G
Triple Jump (3 Jumps Only)	7G, 8G, 7B, 8B
High Jump (3 Jumps Only)	8G, 7G, 8B, 7B

Starting Heights

7G - Start 4'2", Raise 2" Thereafter
 8G - Start 4'4", Raise 2" Thereafter
 7B - Start 4'6", Raise 2" Thereafter
 8B - Start 4'8", Raise 2" Thereafter

Pole Vault	7G, 8G, 7B, 8B
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Starting Heights

7G - Start 6'0", Raise 6" Thereafter until 7'0" then 3"
 8G - Start 6'6", Raise 6" Thereafter until 7'6" then 3"
 7B - Start 7'0", Raise 6" Thereafter until 8'0" then 3"
 8B - Start 7'6", Raise 6" Thereafter until 8'6" then 3"

Running Events Start: 5:00 PM

2400 M Run	7G, 8G, 7B, 8B
100M Hurdles 30"	7G, 8G
110M Hurdles (7th 33") (8th 36")	7B, 8B
400M Relay	7G, 8G, 7B, 8B
800M Run	7G, 8G, 7B, 8B
100M Dash	7G, 8G, 7B, 8B
800M Relay	7G, 8G, 7B, 8B
400M Dash	7G, 8G, 7B, 8B
300M Hurdle (Girls/7th Boys 30")(8th Boys 33")	7G, 8G, 7B, 8B
200M Dash	7G, 8G, 7B, 8B
1600M Run	7G, 8G, 7B, 8B
1600M Relay	7G, 8G, 7B, 8B

Instructions to Coaches

1. No jewelry may be worn by an athlete during competition (including wristbands)
2. Number of events: no athlete may enter more than 3 running events including relays and not more than 5 total events (an athlete may enter 5 field events with no running)
3. An athlete may run 2 out of 4 of the following events: 2400M, 400M, 800M, or 1600M
4. Scoring: 1st - 10 pts, 2nd - 8 pts, 3rd - 6 pts, 4th - 4 pts, 5th - 2 pts, 6th - 1 pt
5. Relay scoring:
 - Tri Meet - 1st - 20 pts, 2nd - 16 pts, 3rd - 12 pts
 - Quad Meet - 1st - 20 pts, 2nd - 16 pts, 3rd - 12 pts, 4th - 8 pts
6. The no false start rule will be used (athletes disqualified on first false start)
7. Entries per team:
 - 3 contestants per team per event (exception for meet #1, which will be 4)
 - Entries must follow rule #2
8. 1/4" spikes or shorter and flat sole shoes may be worn on all tracks
9. Do not allow your athletes to wear spikes in the bleachers at any stadium
10. Meets will not be held up for late reporting to the starting line
11. A 10 minute call should be made prior to the first running event