

Alpine School District Middle School Track Meet @ Cedar Valley High School

Estimated Schedule of Events

ROLLING SCHEDULE

TRACK EVENTS

- 3:00 – Girls & Boys 3200m Run (9th) ~1 Heat
- 3:20 – Girls 100m Dash (7th, 8th, then 9th) ~6 - 7 Heats
- 3:40 – Boys 100m Dash (7th, 8th, then 9th) ~7- 8 Heats
- 4:00 – Girls 1600m Run (7th, then 8th) ~2 Heats
- 4:20 – Boys 1600m Run (7th, then 8th) ~2 Heats
- 4:40 – 9th Grade 1600m Run (Boys & Girls together) 1 Heat
- 4:50 – Girls 4x100m Relay (7th, 8th, and 9th together) 1 Heat
- 5:00 – Boys 4x100m Relay (7th, 8th, and 9th together) 1 Heat
- 5:10 – Girls 400m Dash (7th, 8th, then 9th) ~6 - 7 Heats
- 5:30 – Boys 400m Dash (7th, 8th, then 9th) ~6 - 7 Heats
- 5:50 – Girls 800m Run (7th, 8th, then 9th) ~3 Heats (1 of 7th Graders, then 2 of 8th & 9th Graders)
- 6:10 – Boys 800m Run (7th, 8th, then 9th) ~3 Heats (1 of 7th Graders, then 2 8th & 9th Graders)
- 6:30 – Girls 200m Dash (7th, 8th, then 9th) ~8 Heats
- 6:45 – Boys 200m Dash (7th, 8th, then 9th) ~8 Heats
- 7:00 – Girls 4x400m Relay (7th, 8th, and 9th together) ~1 Heat
- 7:10 – Boys 4x400m Relay (7th, 8th, and 9th together) ~1 Heat

TRACK EVENTS

- 3:00 – Boys Shotput – Right Pit (9th, 8th, then 7th)

- 3:00 – Girls Shotput – Left Pit (9th, 8th, then 7th)

- 3:00 – Boys Long Jump – (7th, 8th, then 9th) ~3 Flights ****ROLLING SCHEDULE****
 - 3:00 – 3:30 (7th Grade)
 - 3:30 – 4:00 (8th Grade)
 - 4:00 – 4:30 (9th Grade)

- 4:45 – Girls Long Jump – (7th, 8th, then 9th) ~3 Flights ****ROLLING SCHEDULE****
 - 4:45 – 5:15 (7th Grade)
 - 5:15 – 5:45 (8th Grade)
 - 5:45 – 6:30 (9th Grade)

- 3:00 – High Jump (Open Pit: Starts at 3'6")**

****Bar height will be announced periodically. Bar should only be moving up, never moved down.**