

**EPJ Middle School Track QUAD    April 7<sup>th</sup>, 2017    4:00 PM**

Beresford, Elk Point - Jefferson, Akron-Westfield, Vermillion

Field events start at 4:00 pm

Running events start at 4:30 pm

**7<sup>th</sup> Grade Girls**

Girls 1600 M Run	Madison
Girls 100 M Hurdles	Maddie, Nicole, Rilee, Nora
Girls 100 M Dash	Rosie, Nicole, Zoie, Taryn, Maddie, Lizzy, Kylie
Girls 4 x 200 Relay	Claire – Nicole – Ella – Madison
Girls 400 M Dash	
Girls 4 x 100 Relay	Maddie – Lizzy – Zoie – Rosie
Girls 800 M Run	
Girls 200 M Run	Rilee, Nicole, Claire, Ella, Lizzy
Girls 4 x 400 Relay	Maddie – Rosie – Taryn – Madison
Girls High Jump	
Girls Long Jump	Taryn
Girls Discus	Rilee, Nora, Kylie
Girls Shot Put	Rilee, Nora, Kylie

**8<sup>th</sup> Grade Girls**

Girls 1600 M Run	
Girls 100 M Hurdles	Jaley
Girls 100 M Dash	Megan, Cameron, Trinity, Lanie
Girls 4 x 200 Relay	Jaley – Emma – Megan – Trinity
Girls 400 M Dash	Brooke VanRoekel
Girls 4 x 100 Relay	Jaley – Emma – Megan - Trinity
Girls 800 M Run	Brooke VanRoekel
Girls 200 M Run	Megan, Emma
Girls 4 x 400 Relay	Trinity – Lani – Jaley – Cameron
Girls High Jump	
Girls Long Jump	Megan, Lani
Girls Discus	Anne
Girls Shot Put	Anne

**Running Events:** Girls 1600 M Run  
Boys 1600 M Run  
Girls 100 M Hurdles  
Boys 110 M Hurdles  
Girls 100 M Dash  
Boys 100 M Dash  
Girls 4 x 200 Relay  
Boys 4 x 200 Relay  
Girls 400 M Dash  
Boys 400 M Dash  
Girls 4 x 100 Relay  
Boys 4 x 100 Relay  
Girls 800 M Run  
Boys 800 M Run  
Girls 200 M Run  
Boys 200 M Run  
Girls 4 x 400 Relay  
Boys 4 x 400 Relay

**Field Events:** Three attempts. All events finals.

Boys High Jump (followed by Girls High Jump) –  
Jump together place by Grade.

Girls Long Jump (followed by Boys Long Jump) – 7<sup>th</sup> first then 8<sup>th</sup> grade

Boys Discus (followed by Girls Discus) – 7<sup>th</sup> first then 8<sup>th</sup> grade

Girls Shot Put (followed by Boys Shot) -7<sup>th</sup> first then 8<sup>th</sup> grade