

Field Events – 3:45

Girls 7th & 8th High Jump

(jump together – place by grade)

Girls Shot Put 7th followed by 8th

Boys Discus 7th followed by 8th

Boys Long Jump 7th & 8th

Girls 7th & 8th Long Jump to follow boys

Boys 7th & 8th High Jump to follow girls

Boys and Girls 7th and 8th TJ following

Boys 7th & 8th Shot Put to follow girls

Girls 7th & 8th Discus to follow boys

Running Events – 3:45

1600 M Run – 7G, 7B, 8G, 8B

Running Events – 4:30

100 M Hurdles – 7G followed by 8G

110 M Hurdles – 7B followed by 8B

4 x 200 Relay – 7G, 8G, 7B, 8B

800 M Run – 7G, 8G, 7B, 8B

100 M Dash – 7G, 8G, 7B, 8B

400 M Dash – 7G, 8G, 7B, 8B

200 M Dash – 7G, 8G, 7B, 8B

4 x 100 Relay – 7G, 8G, 7B, 8B

Medley Relay – 7G, 8G, 7B, 8B

(100, 100, 200, 400)

Beresford MS/JH Track Invite @ BERESFORD

Tuesday, April 24, 2018

3:45- Field Events / 1600 M Run

4:30-Running Events

Teams Invited: Beresford, Canton, Dakota Valley, Elk Point-Jefferson, Sioux Falls Christian & West Central (2 more teams will most likely come due to missed meets because of weather)

Time: Field events and the 1600 M Run begin at 3:45 and Running events begin at 4:30

Field Events: Starting height for girls HJ (3' 10"), boys HJ (4' 2")

Three throws/jumps and no finals

Awards: Ribbons for individual events (1-6) Relays (1-3)

Running spikes and shoes that hold spikes will be allowed. 3/16 inch spikes.