

TO: Athletic Directors & Middle School Track Coaches
FROM: Brad LaPoint Fall Creek Schools Athletic Director
SUBJECT: Middle School Track Meet at Fall Creek on Thursday May 7, 2015
DATE: April 15, 2015

Fall Creek will be hosting the Middle School track meet on the above date. The following information is provided.

1. The events that will be conducted and the order of events are listed on the enclosed page. We would like to start with field events at 4:00 p.m. and running events at 4:30 p.m.
2. We are asking that you limit participation to 5 athletes per event and 2 relay team per race. The meet will be scored for boys and girls combined (7th & 8th).
3. The girls hurdle race will be 100 Meters at the 30" height with 10 flights. (This is the same as the high school girls, but at a lower height). The boys hurdle race will be 100 METERS at the 30" height with 10 flights.
4. PLEASE have your athletes set up on the track perimeter. We are asking everyone to avoid walking on the football field.
5. We will be throwing a 6 lb. shot for girls and a 4K shot for boys. We will be using a 1K discus for both boys and girls.
6. **Entries must be done online with the code you received from your AD.**
 - Teams will be allowed 5 entries per event and 2 team per relay.
 - Entries are now open and **ALL entries will be due by Tuesday, May 5 @ 6pm.**
7. A concession stand will be available during the meet.
8. We will not be awarding trophies or ribbons this year due to the additional costs.

ORDER OF EVENTS

FALL CREEK MIDDLE SCHOOL TRACK

MAY 7, 2015

Girls running events will be prior to boys running events.

100 Meter Low Hurdles/110 Meter Low hurdles
100 Meter Dash
1,600 Meter Run
4 x 100 Meter Relay
400 Meter Run
200 Meter Run
800 Meter Run
4 x 200 Meter Relay

FIELD EVENTS

Long Jump- 4 jumps, no finals, cafeteria

High Jump- same time- two pits

Shot Put - boys first, girls second

Discus- girls first, boys second