

Northwestern Middle School Track Meet – April 29, 2024

Schools Participating: Ashland, Bayfield, Drummond, Hayward, Northwestern, South Shore, North Shore Academy, Spooner. Superior.

Meet Details:

- 1) Field events will begin at 4:00. Running events at 4:30.
- 2) 6th & 7th graders will compete against 6th & 7th graders and 8th against 8th.
- 3) Athletes may be entered in 3 events.
- 4) Meet will be hand timed.
- 5) Coaches go to Athletic.net to register your athletes by 8:00 pm Sun April 28
- 6) You will be able to make changes at the **Coaches Meeting at 3:40 pm in Press Box**
- 7) Concessions will not be available.
- 8) Meet is at Northwestern HS

There will be no food or beverages, other than water, allowed in the field area. Remind your athletes that food, gum, candy, and sunflower seeds are prohibited inside the track area. Fans are not allowed on the infield.

Order of Events

Girls 100 Meter Hurdles (5 Hurdles)

Boys 100 Meter Hurdles (5 Hurdles)

100 Meter Dash

4 x 200 Meter Relay

1600 Meter Run

4 x 100 Meter Relay

400 Meter Dash

800 Meter Dash

200 Meter Run

4 x 400 Meter Relay

Field Events

Long Jump – open pit

High Jump – Girls, then boys

Shot Put – Boys, then Girls

Discus – Girls, then boys

There will be four result sheets:

- 6th & 7th grade girls
- 8th grade girls
- 6th & 7th grade boys
- 8th grade boys

Participant Order

- 6th & 7th grade girls first
- 8th grade girls
- 6th & 7th grade boys
- 8th grade boys

In the 800, 1600, & Field Events:

- 6th, 7th, & 8th girls together
- 6th, 7th, & 8th boys together