

5/7/24 Sparta MS Track Meet

April, 2024

Dear Coach:

Welcome to the Sparta Meet to be held on May 7, 2024. Coaches meeting @ 4:00p. Running and Field events will start at 4:15p. Teams involved are Aquinas, Longfellow, & Sparta. The following events will be contested:

- Order of Events:
 - Girls – First
 - Boys – Second
 - 100 meter low hurdles (5 sets of hurdles on the high school 110 hurdle markings, set at 30 inches high)
 - 100 meter run
 - 1600 meter run
 - 4 x 200 relay
 - 400 meter dash
 - 4 x 100 relay
 - 200 hurdles (6 sets of hurdles on the high school 300 hurdle markings, set at 30 inches high)
 - 800 meter run
 - 200 meter dash
 - 4 x 400 relay
- All field events will be run cafeteria-style. (3 jumps, 3 throws, no finals):

Discus

High Jump (opening height at 3'6" for girls and 4'0" for boys)

Long Jump

Shot Put

Triple Jump

Notes

Our track and field event approaches are seal-flex and 1/4 inch or less pyramid spikes are allowed. All other spikes will result in disqualification from that event.

Coaches, scratches can be made in the track storage shed at the end of the front straight when you arrive. Substitutions can be made and use the spot of the original entry.

Spectators can NOT be in the infield.

Please enter your athletes by noon on Monday, May 6th on www.athletic.net

If you have any questions or concerns, please contact us at amorabito@spartan.org or bsanders@spartan.org