

Marietta Elementary Rapid Fire Meet Grades 4th, 5th, 6th

Date: March 22nd Starting at 3:30

This meet will be a little different than most. We will be starting races as fast as possible and giving ribbons to every heat. Once we start a race and that heat gets a safe distance away we will be starting the next race. No times will be kept. Coaches will be responsible for getting their athletes times if they want them. Again as the athlete finishes the race they will be handed a ribbon for their place in that heat and shuffled off the track as the next heat should be coming quickly after that. Athletes WILL NOT be limited to a certain number of events. Athletes may only race once per event.

The concept behind this meet is it's early in the season nobody is quite sure as to what an athlete can do. Why not give them the opportunity to try it all if they would like. For the beginners, they will get the opportunity to run all of the races while taking home a lot of ribbons. Furthermore, as a coach it is my hope to leave the meet with a better understanding of who can do what and have our young kids wearing a bunch of ribbons. And doing so in a few short hours because of the rapid fire start.

Entry- \$5 per athlete
Event Per Athlete- UNLIMITED

Athletes will be given a bracelet that will allow them to race. Coaches please let me know ahead of time if you know how many athletes you are bringing and I will have your bracelets ready. A table will be set up in the middle of the field to pay for athletes and receive bracelet.

Contact Info
Coach Appelman 580-399-1217

EVENTS ORDER

**4th Girls, 4th Boys,
5th Girls, 5th Boys,
6th Girls, 6th Boys**

ORDER OF EVENTS

**400 Meter Relay
800 Meter Run
100 Meter Dash
400 Meter Run
800 Meter Relay
1600 Meter Run Girls-Boys
200 Meter Dash**