

Thomas Grade School Invitational Track Meet
Thursday Mar 23, 2023

4 Divisions

5th Girls

6th Girls

5th Boys

6th Boys

1. Field events start at 10:15, all finals running events at 11:00 am.
2. Entry fee is \$50 per team. \$200 for all four (4) divisions.
3. **We will limit the meet to the first 5 teams to respond.**
4. We will give awards to the top 5 places in individual events and top 3 relays.
5. Points scored
10-8-6-4-2-1
20-16-12-8-4-2 Relay Points
6. Use short spikes only. Starting blocks provided. No Tape on the track.
7. Long Jump and Shot Putt will be given 3 attempts.
8. No Campsites on the football field or next to the throwing areas.
9. Coaches will be provided with a meal.

We will limit the number of schools attending. If you are interested please contact us ASAP.

**Thomas
5-6 Grade Track Meet**

Coaches Meeting: 9:45am

5th & 6th
Field Events

10:15

Shot: 6 lb	5th Girls, 5th Boys, 6th Girls, 6th Boys
High Jump:	5th Boys, 5th Girls, 6th Boys, 6th Girls
Long Jump:	6th Boys, 6th Girls, 5th Boys, 5th Girls
Pole Vault:	5th Girls, 5th Boys, 6th Girls, 6th Boys

Running Events

5th girls - 5th Boys - 6th Girls - 6th Boys

11:00

100 Dash
800 Run
200 Dash
4x100 Relay

30 min Break

55m Hurdles
400 Run
Sprint Medley (100,100,200,400)

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