

## **Western Heights March 24, 2023**

Welcome to the 2023 Western Heights Middle School Track Meet. All participating athletes will be entered through Enduro. The window for entry will be open two days prior to the meet. We will provide a code to coaches when the window opens for entry. This will be a single day meet. Field events will begin at 9:30 a.m. while running events will start at 10:00 a.m.. There will be a coaches meeting at starting at 9:00 a.m. Entry fees are as follows: Teams are \$105.00, while single runners will be \$30 each. Teams will be divided into grade levels as follows: 7th girls /8th girls & 7th boys /8th boys.

A special note; There will be no camps in the stands and absolutely no athletes on the infield, only coaches will be allowed.

Events List:

Running Events Star at 10:00 a.m

4x100 relay girls 7th /8th. boys 7th /8th  
4x800 relay girls 7th /8th. boys 7th /8th  
100m girls hurdles 7th /8th  
110m hurdles boys 7th /8th  
3200 run 7th /8th girls. 7th /8th. boys  
4x200 girls 7th /8th boys 7th /8th  
800 run girls 7th /8th. boys 7th /8th  
100m girls 7th /8th. boys 7th /8th  
400m girls 7th /8th. boys 7th /8th  
300m low hurdles girls 7th /8th. boys 7th /8th  
200m girls 7th /8th. boys 7th /8th  
1600 run girls 7th /8th. boys 7th /8th  
4x4 relay girls 7th /8th. boys 7th /8th

Field events start at 9:30 a.m.

High jump /7th girls 8th girls 7th boys 8th boys  
Long jump 4 jumps. / 8th girls 7th girls 8th boys 7th boys  
Pole vault /7th and 8th girls 7th and 8th boys  
Shot put 4 throws /7th girls 8th girls 7th boys 8th boys  
Discuss 4 throws 8th boys 7th boys 8th girls 7 girls 8th girls