



North Country Relays

Middle School Order of Events

Coaches meeting will be held at 8:30 A.M. with field events starting promptly at 9:00 A.M. and running events at 9:30 A.M.

Field Events: 9:00 am

- Shot Put: 5th-6th Girls-6lb 5th-6th Boys-6lb 7th-8th Girls-4k 7th-8th Boys-4k
- Discus: 7th-8th Boys 7th-8th Girls 5th-6th Boys 5th-6th Girls
- Long Jump: 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys
- High Jump: 5th-6th Boys 7th-8th Boys 5th-6th Girls 7th-8th Girls
- Pole Vault: All - Girls All - Boys Results will be separated after each

Running Events: 9:30 am

*** Timed Finals ***

- 400 Meter Relay 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys
- 3200 Meter Relay 7th-8th Girls 7th-8th Boys
- 100 Meter Hurdles 30" 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys
- 110 Meter Hurdles 33" 7th-8th Boys
- 800 Meter Relay 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys
- 800 Meter Run 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys
- 100 Meter Dash 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys

Break if needed

- 400 Meter Dash 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys
- 300 Meter Hurdles 30" 7th-8th Girls 7th-8th Boys
- 200 Meter Dash 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys
- 1600 Meter Run 7th-8th Girls 7th-8th Boys
- 1600 Meter Relay 5th-6th Girls 5th-6th Boys 7th-8th Girls 7th-8th Boys