

Tom Landry Relays

Trinity Christian Academy

Middle School Schedule of Events

Friday, April 11, 2008

1:00 - Coaches Meeting in Wrestling Room
1:45 – Pole Vault
2:30 – Field Events
5:00 - Running Finals

MS Field Events

	<u>Group 1</u>	<u>Group 2</u>
1:45 Pole Vault	Boys	Girls
2:30 High Jump	Girls (4'0")	Boys (4'8")
Discus	Boys	Girls
Shot Put	Girls	Boys
Long Jump	Boys	Girls
Triple Jump	Girls	Boys

3 throws or jumps, All Finals

Measure all throws and jumps over minimums

Shot minimums – Girls 15'; Boys 25'

Discus minimums - Girls 50', 80'

MS Running Finals

Order: Girls, Boys

Girls 3200 Run at 5:00 followed by Boys 3200

6:00 rolling schedule

4 x 100 Relay 6:00 rolling schedule

800 Run

100 Hurdles (Girls at 30")

100 Hurdles (Boys at 33")

100 Dash

4 x 200 Relay

400 Dash

300 Hurdles (Both at 30")

200 Dash

1600 Run

4 x 400 Relay

Medals will be presented at midfield between races

Team and Relay Awards will be presented at the conclusion of the 4 x 400