

Jr Girls are 5 & 6 Grade Girls	Sr Girls are 7 & 8 Grade Girls	Start	For SB & SG Hurdles are 30"	For JG & JB Hurdles are 30"
Running Events	Running Events			
4 x 100 Relay	4 x 100 Relay			
1600 Meter Run	1600 Meter Run	Hurdle	13 meters to first hurdle	Hurdle 13 meters to first hurdle
Hurdles (100 Meters Jumping 5 Hurdles)	Hurdles (100 Meters Jumping 10 Hurdles)			
100 Meter Dash	100 Meter Dash			
400 Meter Dash	400 Meter Dash			
200 Meter Dash	200 Meter Dash	Hurdle	8.5 meters to next hurdle	
800 Meter Run	800 Meter Run			
4 x 200 Relay	4 x 200 Relay			
Field Events	Field Events	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
High Jump	High Jump			
Shot Putt (6 lbs)	Shot Putt (6 lbs)			
Long Jump	Long Jump			
Discus (1.0 KILO)	Discus (1.0 KILO)	Hurdle	8.5 meters to next hurdle	
	Triple Jump			
Jr Boys are 5 & 6 Grade Boys	Sr Boys are 7 & 8 Grade Boys	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
Running Events	Running Events			
4 x 100 Relay	4 x 100 Relay			
1600 Meter Run	1600 Meter Run			
Hurdles (100 Meters Jumping 5 Hurdles)	Hurdles (100 Meters Jumping 10 Hurdles)	Hurdle	8.5 meters to next hurdle	
100 Meter Dash	100 Meter Dash			
400 Meter Dash	400 Meter Dash			
200 Meter Dash	200 Meter Dash			
800 Meter Run	800 Meter Run	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
4 X 200 Relay	4 X 400 Relay			
Field Events	Field Events	Hurdle	8.5 meters to next hurdle	
High Jump	High Jump			
Shot Putt (6 lbs)	Shot Putt (4 KILO)			
Long Jump	Long Jump			
Discus (1.0 KILO)	Discus (1.0 KILO)	Hurdle	8.5 meters to next hurdle	Hurdle 17 meters to next hurdle
	Triple Jump			
IN EACH DIVISION	Note: Notice, only the sr boys throw the 4 KILO Shot and run a 4 x 400 relay	Hurdle	8.5 meters to next hurdle	
Unlimited entries in all events				
JR BOYS & GIRLS CAN RUN UP IN SR EVENTS.	How the Hurdles are set up >>>>>>>>			
		finish	10.5 meters to finish line	Hurdle 19 meters to finish line
	NO ONE CAN DO MORE THAN 4 EVENTS			