

Metropolitan Middle School Track & Field Association

Meet schedules

Monday, April 10

3:05 Long Jump Boys and Girls

3:20 Shot Put Boys and Girls

4:00 Girls 80 meter hurdles **

4:10 Boys 80 meter hurdles**

4:20 Boys and Girls 4x800 relay

5:05 Boys and Girls 4x100 relay

5:30 Boys and Girls 4x400 relay

Monday, April 17

3:05 Long Jump Boys and Girls

3:20 Shot Put Boys and Girls

4:00 Girls 1500

4:10 Boys 1600

4:20 Girls 80 meter hurdles**

4:30 Boys 80 meter hurdles**

4:55 Girls 4x200 relay

5:10 Boys 4x200 relay

5:30 Girls 200 meter hurdles****

5:35 Boys 200 meter hurdles****

5:45 Girls 800

5:55 Boys 800

****8 hurdles, 12 meters start to 1st hurdle, 8 meters between, 12 meters from last hurdle to finish**

****** 5 hurdles, 20 meters to start to 1st hurdle, 35 meters between, 40 meters to finish**

Wednesday, April 26

3:05 Long Jump Boys and Girls

3:05 Shot Put Boys and Girls

4:00 Girls 1500

4:10 Boys 1600

4:20 Girls 80 meter hurdles

4:30 Boys 80 meter hurdles

4:55 Girls 4x100 relay

5:10 Boys 4x100 relay

5:30 Girls 200 meter hurdles**

5:35 Boys 200 meter hurdles**

5:45 Girls 800 meters

5:55 Boys 800 meters

Monday, May 1

3:05 Long Jump Boys and Girls

3:05 Shot Put Boys and Girls

4:00 Girls 200 meter hurdles****

4:10 Boys 200 meter hurdles****

4:20 Boys and Girls SMR(400-200-200-800)

4:50 Boys and Girls 4x800

5:20 Boys and Girls 4x200

5:45 Boys and Girls 4x400