

Metropolitan Middle School Track & Field Association

Meet Schedules (All Times are estimated - Events may start sooner)

Monday, April 10, 2023

3:30 Shot Put Boys and Girls
4:20 Girls 80 meter hurdles **
4:30 Boys 80 meter hurdles**
4:40 Girls 800m run
5:00 Boys 800m run
5:20 Girls 4x100m relay
5:35 Boys 4x100m relay
5:50 Girls 4x400m relay
6:05 Boys 4x400m relay

Monday, April 17, 2023

3:30 Long Jump Boys and Girls
4:20 Girls 1500m run
4:30 Boys 1600m run
4:40 Girls 80m hurdles**
4:50 Boys 80m hurdles**
5:15 Girls 200m run
5:30 Boys 200m run
5:45 Girls 200m hurdles****
5:55 Boys 200m hurdles****
6:05 Girls 800m run
6:15 Boys 800m run

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

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

TWO REMINDERS FOR ALL MEETS:

- **5th and 6th graders are not eligible.**
- **Long Jump has a limit of 4 jumpers per school, per gender.**

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Meet Schedules (All Times are estimated - Events may start sooner)

Wednesday, April 26, 2023

3:30 Shot Put Boys and Girls
4:20 Girls 1500
4:30 Boys 1600
4:40 Girls 80 meter hurdles**
4:50 Boys 80 meter hurdles**
5:15 Girls 4x100 relay
5:30 Boys 4x100 relay
5:40 Girls 200 meter hurdles****
5:50 Boys 200 meter hurdles****
6:00 Girls 4x400m relay
6:10 Boys 4x400m relay

Monday, May 01, 2023

3:30 Long Jump Boys and Girls
4:20 Girls 200m hurdles****
4:30 Boys 200m hurdles****
4:40 Girls 800m run
5:00 Boys 800m run
5:20 Girls 4x100m relay
5:35 Boys 4x100m relay
5:50 Girls 400m run
6:00 Boys 400m run

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

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

TWO REMINDERS FOR ALL MEETS:

- **5th and 6th graders are not eligible.**
- **Long Jump has a limit of 4 jumpers per school, per gender.**