Conquest on the Course Triumph on the Track

Middletown Knight Striders

Running Since the 1970s

Track and Field Invitational
Sunday May 17, 2015

Middletown High School
200 School House Drive
Middletown, MD 21769

Registration Opens: 11:30 AM
Athlete Entry Fee: $5.00
Relay Team Fee: $5.00

Age as of December 31, 2014
Ages: 6 & under, 7/8, 9/10, 11/12, 13/14, 15 (up to 8th grade)
Age Entry Limits: **TWO for 6 & under**,
THREE for 7/8, 9/10, 11/12 and **FOUR for 13/14/15**

Calls: 1st Call and 2nd Call
Ribbons: Awarded to the top 6

Coaches Meeting: 12:30PM
Events Begin: 12:45PM

Only water is allowed on inside of the track fence. Only athletes, officials and coaches are allowed on the infield. Spikes cannot be longer than a ¼ inch pyramid. Bring your own starting block. Age/gender groups be may combined. Restrooms available. Concessions will be sold.

Order of Events

Track (girls then boys)

1.	3000m Run	11/12, 13/14, 15
2.	100m Hurdles	10@30" for girls 13/14; 10@33" for boys 13/14
3.	4x100 Relay	7/8, 9/10, 11/12, 13/14
4.	50m Dash	6 & under
5.	100m Dash	7/8, 9/10, 11/12, 13/14, 15
6.	1500m Run	7/8, 9/10, 11/12, 13/14, 15
7.	400m Run	7/8, 9/10, 11/12, 13/14, 15
8.	200m Run	7/8, 9/10, 11/12, 13/14, 15
9.	800m Run	7/8, 9/10, 11/12, 13/14, 15

Field (girls then boys)

1.	Shot Put (3 throws)	4lbs for 7/8; 6lbs for 9/10, 11/12; 6lbs for girls 13/14; 4kg for boys 13/14; 4kg for girls and boys 15
2.	Long Jump (3 jumps)	**Pit 1:** Open Pit Girls **Pit 2:** Open Pit Boys
3.	High Jump (3 jumps)	15, 13/14, 11/12, 9/10
4.	Turbo Javelin (3 throws)	400g for 11/12, 9/10; 300g for 7/8
5.	Discus (3 throws)	1 kg for 11/12, 13/14, 15

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