



Middie Legends Meet
Track & Field
Invitational
Tuesday, April 14, 2015
Order of Events



Welcome to the 2015 Middie Legends Meet! We are located at:
Middletown High School
Bob Mucha Track and Field Complex
601 N. Breiel Blvd, Middletown, OH 45042

Thank you for being a part of our track meet this year. We are happy to have you and anticipate good competition.

Each team may enter two athletes per event and one relay.

Please see the attached document for entry instructions. This year we are using baumspage.com for our meet entries. If you have any questions, please email:

Brian Lampart: blampart@middletowncityschools.com

Keith Vinson: kvinson@middletowncityschools.com

Gary Lebo (AD): glebo@middletowncityschools.com

We will be running FAT this year with hand time back-up.

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Participating Teams: ...

Coaches Meeting: 3:45pm-Press Box

Field Events: 4:30pm

Running Events: 4:30pm Timed Finals

4:30pm Boy's Pole Vault

Boy's High Jump

Girl's Long Jump

Girl's Shot Put

Boy's Discus

Starting heights to be determined by entries

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Four (4) Jumps

Four (4) Throws

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These Events will be followed by Girl's Pole Vault, Girl's High Jump, Boy's Long Jump, etc.

4:30pm 100m/110m Hurdles (G/B)

100m Dash (G/B)

1600m Run (G/B)

4 x 100m Relay (G/B)

400m Dash (G/B)

4 x 200m Relay (G/B)

200m Hurdles (G/B)

800m Run (G/B)

200m Dash (G/B)

4 x 400m Relay (G/B)

Please remind your athletes:

- Team camps are outside of the track
- Nobody should be inside the oval (So we can keep the meet moving.)
- Spikes ¼ inch or less
- Restrooms inside the school
- No spikes in the school