

Middle School ECOL

(Medals 1-3 Ribbons 4-6)

4:30 Field Events

4-Attempts no Finals

Long Jump	<u>Boys and Girls</u> (Open Pit) Time dependent on # of competitors
Shot	Boys followed by Girls
Discus	Girls followed by Boys
High Jump	<u>Girls and boys</u> (2 pits)
Pole Vault	Girls Followed by Boys

5:00 Running Semi Finals

100m	Semi's/ G/B Top 8 times
100/110 HH	Semi's/ G/B Top 8 times
200m	Semi's/ G/B Top 8 times

BREAK 10-20 minutes

Finals

100/110 HH	Finals G/B
100m	Finals G/B
1600m	Finals G/B
4x100	Finals G/B
400m	Finals G/B (Heats as needed)
4x200	Finals G/B
200 IH	Finals G/B (Heats as needed)
800m	Finals
200m	Finals
4x400m	Finals G/B (Heats as needed)

*Runners will qualify based on top 8 times using f.a.t.

If the timing system fails to operate during a semi-final race the procedure will revert to top 4 in each heat.