

2018 GAMS OPEN TRACK MEET

FIELD EVENTS 445PM

SHOT PUT

DISCUS

HIGH JUMP

LONG JUMP

POLE VAULT

RUNNING EVENT 510PM ROLLING SCHEDULE

GIRLS - Hurdles - 100 meters (33" high)

BOYS - High Hurdles - 110 meters or 120 yards (39" high)

BOYS/GIRLS - Dash - 100 meters

BOYS/GIRLS - Relay - 4x200

BOYS/GIRLS - Run - 1600 meters

BOYS/GIRLS - Relay - 4x100 meters

BOYS/GIRLS - Dash - 400 meters

GIRLS - Low Hurdles - 300 meters (30" high)

BOYS - Hurdles - 300 meters (36" high)

BOYS/GIRLS - Run - 800 meters

BOYS/GIRLS - Dash - 200 meters

BOYS/GIRLS - Run - 3200 meters

BOYS/GIRLS - Relay - 4x400 meters

RESULTS WILL BE POSTED LATER THAT NIGHT ON BAUMSPAGE .IF YOU SEE ANY MISTAKES PLEASE
EMAIL ME AT todd.may@gc-k12.org

COACH MAY

