



FVL Foxes Middle School TRACK MEET

Boys and girls in grades 5-8 are invited to participate in the FVL Middle School Track Meet

Due to challenges presented by COVID, the traditional FVL Schools Track and Field Meet was canceled this year. In order to provide students with the opportunity to compete in track this spring, Fox Valley Lutheran High School will host an alternate meet on **Saturday, May 8**, open to any FVL Schools student in grades 5-8. **Athletes** will be competing as individuals, and parents/guardians are responsible for transportation to and from the meet.



Date:

Saturday, May 8, 2021
10:30 AM - 1:30 PM

Cost: \$10 per athlete

Registration Deadline:

11:59 PM on Sunday, May 2
Register at fvlhs.org/youth-sports

COVID Protocols:

Local and state health guidelines will be followed, including wearing masks when not competing.

Questions:

FVL track coach Isaiah Degner
• idegner@fvlhs.org
• 920-560-5135

Schedule of Events:

Running events will run in this order:

- 5th/6th grade girls
- 5th/6th grade boys
- 7th/8th grade girls
- 7th/8th grade boys

10:30 - Field events begin

- Shot put, long jump, triple jump, high jump

10:30 - 1600m run

11:10 - 100m preliminaries

11:30 - 100m hurdle preliminaries

- 7th/8th grade only

(15 minute break)

11:50 - 100m hurdle finals

12:00 - 100m finals

12:15 - 400m

12:35 - 800m

12:55 - 200m

1:20 - 4x100m relays

- Athletes must arrange their own relay teams.

Athletes may participate in up to four (4) events total, with a maximum of three (3) running events.