

Winona Track & Field Day

Schedule of Events

Friday, May 13, 2022

9:30 Opening, announcements, and instructions

Field Events

9:45 **Triple Jump Running Long Jump High Jump Shot Put** 7-8 Boys 3-4 Boys/3-4 Girls 5-6 Boys 7-8 Girls 7-8 Girls 5-6 Boys/5-6 Girls 5-6 Girls 7-8 Boys 5-6 Boys 7-8 Boys/7-8 Girls 7-8 Girls 5-6 Girls 5-6 Girls 7-8 Boys 5-6 Boys

11:00 **Softball Throw Standing Long Jump** 3-4 Boys 3-4 Girls
3-4 Girls 3-4 Boys

Track Events

Please note that events will run in the following order The times listed are close estimates of where we should be.

10:00 800 Meter Run (curved white line)
5-6 Girls 5-6 Boys 7-8 Girls 7-8 Boys

10:15 100 Meter Dash (Preliminaries)
3-4 Girls 3-4 Boys 5-6 Girls 5-6 Boys 7-8 Girls 7-8 Boys

11:15 400 Meter Dash (yellow staggered lines)
5-6 Girls 5-6 Boys 7-8 Girls 7-8 Boys

11:45 200 Meter Dash (staggered start, white lines)
3-4 Girls 3-4 Boys 5-6 Girls 5-6 Boys 7-8 Girls 7-8 Boys

1:00 100 Meter Dash (Finals)
3-4 Girls 3-4 Boys 5-6 Girls 5-6 Boys 7-8 Girls 7-8 Boys

2:00 400 Relay (4x100) (staggered yellow lines & big yellow arrows) 3-4 Girls
3-4 Boys 5-6 Girls 5-6 Boys 7-8 Girls 7-8 Boys

2:45 Medley Relay (2x200, 400, 800)
3-8 Girls 3-8 Boys

3:20 All School Shuttle (50 Meters)
3-8 Boys and Girls

3:50 Closing Prayer, Announcements,
Clean-up and Dismissal!

