

April 11th, 2024 - Track Meet to be held at Mill Creek

(Wheatridge, BLMS, Mill Creek)

Field Events will start at 3:30. Running Events will start at 3:45)

Running Events: Running events will begin at **3:45 PM** with the running of the 3200-meter. Each school may enter **ONE** relay teams per age/gender group. All other running events have unlimited entries. We will follow the standard order of events:

3200 meter- (one race – all runners) 7th grade girls and boys will wear colored bracelets. Top 3 in each division will be given a time. All other finishes will be given a time as they cross the finish line.

100 meter hurdles

100 meter dash

1600 meter run (will combine boys and girls)

400 meter relay (will combine boys and girls) 4 x 100

400 meter dash

800 meter relay (will combine boys and girls) 4 x 200

800 meter run

200 meter dash

1600 meter relay (will combine boys and girls) 4 x 400

The order will be 7G, 8G, 7B, and 8B. **If** false starts become rampant, runners who false start will be disqualified. Please help speed up the meet by having your two athletes with the best times get into the first heat of the sprint races. Also, remind them to stay in their lanes after the race has ended.

30” hurdles for 7G, 8G, and 7B

33’ hurdles for 8B

Field Events: Field events will begin at **3:30 PM**. **All throwers and jumpers will be given *two* attempts. Throws and jumps may be back to back depending on the number of participants which will speed up the meet.**

Starting heights for high jump: 3’9” 7th girls, 4’ 8th girls, 4’ 7th boys, 4’4” 8th boys

Shot: 4k for boys, 6 lb for girls, 1k discus for boys/girls.

Order of field events:

Long Jump 8G, 7G (South Pit) 7B, 8B (North Pit)

High jump 8B, 7B, 8G, 7G

Shot put 7B, 8B, 7G, 8G (at least 20’ to mark boys, 15’ girls)

Discus 7G, 8G, 8B, 7B (SE corner of track)-(Girls min 40’ to mark, 50’ boys)

Scoring will be 3-2-1 for open events and 3-1 for relays

Athletes are allowed to compete in three events.

***Mill Creek will not be charging an admission for spectators.**

*Due to the large number of participants, please be aware that parking will be an issue.

We encourage families to carpool as much as possible.

*Also, we ask that all parents/spectators stay off the interior of the track complex. No spectators should be on or inside the track circle. Please stand or sit in designated observing locations only.

To get to the Long Jump and Discus observation area, go through the shotput gate.

*Team camps will be labeled – please sit in that area.

*Concessions will be available for purchase (Cash Only).