SITE: HSHS High School, TorC New Mexico

DATE: **Thursday March 30th**, 3:00 pm. Scratch meeting will be held at 2:00

**DEADLINES:** TEAM ENTRIES WILL NEED TO BE loaded on RUNNERCARD

If you have any questions here is my cell number: 505-469-3458

**ENTRIES:** There will be a middle school 7TH and 8th boys and girls division. Each event is limited to 3 participants each. All athletes shall be limited to four events in any track meet. No more than three of these events may be running events, including relays or three field events. No more than two may be 400 meters or more. No more than 3 events may be field events.

**Events:** Straight times will be used for the meet. We will not have preliminaries or finals

at this track meet. All throwing and long jump events will have 4 tries, no finals. Bring your own throwing implements.

**Spikes:** ¼” or shorter THIS WILL BE ENFORCED. Any athlete with ¼ “or more will be

disqualified from the meet.

**Starting Heights:** High Jump: 7th Boys 4’4” 7th Girls 3’6”

 8th Boys 4’6” 8th Girls 3’10”

**Team Scoring:** Scoring will be as follows “8-6-4-3-2-1” for individual events and relays

 “10-8-6-4-2-1” the results will be posted but no trophies will be awarded.

**Implements (Shot and Disc):**

We will be following NMAA handbook for discus and shot put weights.

The discus must weigh 1 Kilogram (2.2lbs) and the Shot put 4 kilograms (8.8lbs)

 for boys and girls.

**Protest:** Any protest or questions should be called to the attention of the meet committee who will discuss and act on them. The committee’s action will be final.

 *THROWING & JUMPING EVENTS*

3:00 P.M.

 Boys Long Jump- 60 min. open pit

 Girls Long Jump- 60 min. open Pit

 Boys Shot Put then Girls Shot

Girls Discus then Boys Discus

 Girls High Jump First: 7th grade, then 8th grade

 Boys High Jump Second: 7th grade, then 8th grade

 *RUNNING EVENTS*

 Girls Boys

3:00 P.M. 1600m Run 1600m Run

100m Low Hurdles 110m Intermediate Hurdles

 100m Dash 100m Dash

4x100m Relay 4x100m Relay

800m Run 800m Run

 4x200 Relay 4x200 Relay

 400m Dash 400m Dash

 200m Dash 200m Dash

 800m Medley 800m Medley