**T or C Middle School Track Meet**

Thursday, March 28, 2018 – Hot Springs High School

Scratch Meeting from 2:00-2:30 PM in the football fieldhouse. Coaches and judges meeting at 2:30 in the fieldhouse. Entries are due on runnercard.com by Monday, March 26 6:00 pm. Late entries not accepted. National Federation and NMAA regulations will be followed, 1/4 “ spikes or smaller only, on all surfaces.

Additions may only be made in the place of a scratch. In the throwing events, athletes will have 4 total throws with no finals. The top six will place. A scratch line will be used. The first throw will be measured for all athletes. Throws not reaching the scratch line after the first throw will not be measured. In all running events girls will go first and boys will follow. Starting blocks will be provided. Each school may enter 4 athletes per event. Team trophies will be awarded to the top teams for boys and girls, ribbons for 1st through 6th place finishers. Food will be provided for the coaches and workers during the meet. A concession stand will be available for this track meet. Restrooms will be available for your convenience

**We will be using FAT timing system from Cobre HS \*\*\*\*\*\*\*\***

Any Questions text, call, email Coach Chris Pape at 575-740-2476 cpape@torcschools.net or Coach Daniel Terrazas 575-740-0977 dterrazas@torcschools.net.

**3:00 pm – Field Events (no finals, 4 throws/jumps) and 3200 m run.**

Boys Long Jump

 Boys High Jump

 Boys Shot Put

 Girls Discus

**3:30 pm**

 Girls Long Jump

 Girls Shot Put

 Boys Discus

 Girls High Jump

**4:00 pm – Running Events (girls followed by boys)**

 1600m Run

100m Dash

 Girls 100m Int. Hurdles

 Boys 110m High Hurdles

 400m Relay (4 x 100)

 800m Run

 800m Relay (4 x 200)

 400m Dash

 Girls 300m Low Hurdles

 Boys 300m Int. Hurdles

 1600m Medley Relay (100-100-200-400)

 200m Dash

 1600m Relay (4 x 400)