**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](mailto:cpape@torcschools.net) or Coach Daniel Terrazas 575-740-0977 [dterrazas@torcschools.net](mailto: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)