



Metro Middle School

Track & Field Meets

What: Middle School Track & Field Meets

Who: Open to Boy's & Girl's middle school student-athletes
(7th & 8th Graders Only)

When:	Friday,	March 18	4:30pm	@ Eastlake HS
	Saturday,	April 23	10:30am	@ Eastlake HS
	Friday,	April 29	4:30pm	@ Eastlake HS
	Saturday,	May 7	TBA	@ Eastlake HS

How to participate: Track & Field meets are open to any cleared athlete. Show up at least 45 minutes before the scheduled start time to register for events. Athletes can participate in multiple events.

List of Events: 100m, 200m, 400m, 800m, 1,600m
4x100 relay and long jump

Meet day order of events:	400 meters	Long Jump will run
	100 meters	throughout the meet
	800 meters	
	200 meters	
	1600 meters	
	4x100m relay	

Questions: metromsathletics@gmail.com