

Excel's Order of Events

www.exceltrackclub.com

When:	Sunday May 1, 2011
Location:	North Carroll High School
Meet Director:	Woody Kocher
Fee:	\$5.00 per Athlete
Registration:	11:30 AM
Field Events Start Time:	12:45 PM
Running Events Start Time:	1 PM
Coaches Meeting:	12:30 PM
Age Groups:	Age Determined by December 31 st 6 & under, 7/8, 9/10, 11/12, 13/14, 15 and up
Event Maximums:	6 & under - two (2) events 7/8, 9/10 and 11/12 - three (3) events 13 and up - four (4) events

Concessions will be sold
Ribbons to top 6 finishers in each age group
Spikes no longer than 1/4"

All Events – Girls followed by boys

Running Events:

3000m Run	11/12, 13/14, 15 and up
80m Hurdles	11/12
100m Hurdles	13/14
100m Dash	7/8, 9/10, 11/12, 13/14, 15 and up
400m Run	7/8, 9/10, 11/12, 13/14, 15 and up
50m Dash	6 and under
1500m Run	7/8, 9/10, 11/12, 13/14, 15 and up
200m Dash	7/8, 9/10, 11/12, 13/14, 15 and up
800m Run	7/8, 9/10, 11/12, 13/14, 15 and up
4 x 100m Relay	7/8, 9/10, 11/12, 13/14, 15 and up

Field Events:

Shot Put	9/10, 11/12, 13/14, 15 and up
Discus	11/12, 13/14, 15 and up
Long Jump	Green Pit - 6 and under, 7/8, 9/10 Yellow Pit – 15 and up, 13/14, 11/12
High Jump	9/10, 11/12, 13/14, 15 and up

Any questions please contact the Meet Director, Woody Kocher at ewkocher@comcast.net

North Carroll High School – Home of the Panthers
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