

MIDDLETOWN KNIGHT STRIDERS

TRACK AND FIELD MEET

Date: Saturday, May 22, 2010

Location: Middletown High School (CONCESSIONS WILL BE SOLD)

Registration: 9:00 A.M.

Start Time: 10:00 A.M.

Coaches Meeting: 9:45 at finish line

Meet Directors: Tim Noffsinger (240-674-7708) Alan Caldwell (301-524-1551)
Cell phone contact (Susan Noffsinger, 301-573-2898)

Entry Fee: \$5.00 per athlete

Number of Events: 3 per athlete, not including relays

Directions: Rt. 70 West towards Hagerstown to Exit 49 (Middletown/Braddock Heights). Take left at light (Alt. 40 West) and proceed approximately 4 miles to light at Schoolhouse Road. Take right at light to high school track on left.

Age Groups: 6 & Under, 7/8, 9/10, 11/12, 13/14, 15-18 (age as of 12-31-10)

Awards: Ribbons to top six in each event.

Order of Events:

Running Events:

1. Sprint Medley (400/200/200/800) 9/10, 11,12
13/14, 15-18
2. 80 M Hurdles 11/12
3. 100 M Hurdles 13/14
4. 1500 M Run 7/8, 9/10, 11/12, 13/14, 15-18
5. 200 M Hurdles 11/12, 13/14, 15-18
6. 50 M Dash 6 & Under
7. 100 M Dash 7/8, 9/10, 11/12, 13/14, 15-18
8. 800 M Run 7/8, 9/10, 11/12, 13/14, 15-18
9. 200 M Dash 7/8, 9/10, 11/12, 13/14, 15-18
- 10.400 M Run 7/8, 9/10, 11/12, 13/14, 15-18
- 11.4X100 Relay 7/8, 9/10, 11/12, 13/14, 15-18
and Coaches, too!

Field Events:

- Discus: 11/12, 13/14, 15-18
(dependent upon volunteer
and availability of field)
- Shot Put: 9/10, 11/12, 13/14, 15-18
- Long Jump: **NO PARENTS AT LONG JUMP**
Pit A) 6 & Under, 13/14, 11/12
Pit B) 7/8, 9/10, 15-18
- High Jump: 9/10, 11/12, 13/14, 15-18