

Middletown Knight Striders

Order of Events

Date: Saturday, May 21st, 2011

Location: Middletown HS **Concessions will be sold**

Meet Director: Alan Caldwell (301)524-1551 knightstriders@comcast.net

Fee: \$5.00 per athlete

Registration: 8:00-9:00am Events begin at 9:00am

Coaches meeting: 8:45am at the finish line

Age Groups: age determined by age on December 31st, 2011

6&U, 7/8, 9/10, 11/12, 13/14

Event maximums: 6&U-2 events (50m and long jump); 7/8, 9/10, 11/12 – 3 events; 13/14-4 events (not including relays)

Ribbons to top six finishers in each age group

Spikes no longer than 1/8"

All events will be run girls first, then boys.

Running events:

3000m run	11/12, 13/14
80m hurdles	11/12
100m hurdles	13/14
50m dash	6 & under
100m dash	7/8, 9/10, 11/12, 13/14
1500m run	7/8, 9/10, 11/12, 13/14
400m run	7/8, 9/10, 11/12, 13/14
200m dash	7/8, 9/10, 11/12, 13/14
4 x 100 relay	7/8, 9/10, 11/12, 13/14
800m run	7/8, 9/10, 11/12, 13/14

Field events:

discus (dependent on volunteer help and availability of field)	11/12, 13/14
shot	7/8, 9/10, 11/12, 13/14
high jump	9/10, 11/12, 13/14
long jump	pit 1 girls 6 & U, 7/8, 9/10, 11/12, 13/14
	pit 2 boys 6 & U, 7/8, 9/10, 11/12, 13/14