

MIDDLETOWN KNIGHT STRIDERS TRACK AND FIELD MEET

Date: Saturday, April 26, 2008

Location: Middletown High School (CONCESSIONS WILL BE SOLD)

Registration: 8:00 A.M.

Start Time: 9:00 A.M.

Coaches Meeting: 8:45 at finish line

Meet Director: Tim Noffsinger (301-293-6819)

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 (age as of 12-31-08)

Awards: Ribbons to top six in each event.

Order of Events:

Running Events:

1. 1500 M Run 7/8, 9/10, 11/12, 13/14
2. 50 M Dash 6 & Under
3. 100 M Dash 7/8, 9/10, 11/12, 13/14
4. 800 M Run 7/8, 9/10, 11/12, 13/14
5. 200 M Dash 7/8, 9/10, 11/12, 13/14
6. 400 M Run 7/8, 9/10, 11/12, 13/14
7. 4X100 Relay 7/8, 9/10, 11/12, 13/14
8. 4X400 Relay 7/8, 9/10, 11/12, 13/14

Field Events:

- Discus: 11/12, 13/14
(dependent upon volunteer)
- Shot Put: 9/10, 11/12, 13/14
- Long Jump: 6 & Under, 13/14,
11/12, 9/10, 7/8
- High Jump: 9/10, 11/12, 13/14