



Arrowhead

Grade School Track & Field Meet

Arrowhead High School Track

Wednesday May 15, 2019

4th Grade and Younger

4:45 pm to approx. **5:45** pm

4th Grade and under
Unlimited Entries

Just Show Up

Arrive by 4:45

Proceed to the East side of the football field

Events run in this age / gender order:

4th grade girls then 4th grade boys
3rd grade girls then 3rd grade boys
2nd grade girls then 2nd grade boys
1st grade girls then 1st grade boys
5k & under girls then 5k & under boys

Football Infield **50 yard Dash**

Football Infield **100 yard Dash**

Football Infield **50 yard Hurdles**

High Jump – 2 misses allowed

Ribbon Award Presentation

For All Participants!

5th – 8th Grade

Middle School Showcase

4:45 pm - Field Events

5:45 pm - Running Events

5th – 8th Grade

3 Entries per School

3 Events per Athlete

Must Pre-Register with PE Teacher

Check-In upon arrival at Check-In Tables near concession stand

All Field Events Begin at 4:45

High Jump	Girls on Pit 1
High Jump	Boys on Pit 2
Long Jump	Boys on the East Runway
Long Jump	Girls on the West Runway
Shot Put	Boys in Ring 1
Shot Put	Girls in Ring 2

(or boys to follow girls in ring 1)

Running Events Begin at 5:45

Rolling schedule in this Order

100 Hurdles
1600 Run
100 Dash
400 Dash
4 X 100 Relay
800 Run
200 Dash
4 X 400 Relay

Awards for top 8-each event & Overall Athlete of Meet