



DELTA MIDDLE SCHOOL



| 401 East 10th Street Delta, CO 81416 | 970-874-8046 | dms.deltaschools.com |

Delta Panthers Track & Field Meet Schedule of events **Monday April 7, 2025**

11:30a Coaches Meeting on the infield
11:45a Field Events Begin
12:15p Running Events Begin

Schedule of Running Events:

100 M. Low Hurdles = 5 hurdles
100 M. Dash = Lanes all the way
1600 M. Run = Super waterfall start,
400 M. Relay = Lanes all the way
400 M. Dash = Lanes all the way
800 M. Relay = Lanes all the way
800 M. Run = Super waterfall start,
200 M. Dash = Lanes all the way
800 M. Sprint Medley = 100's, 200 lanes all the way, 400 cut when clear

Order for each event: 8th Boys, 7th Boys, 8th Girls, 7th Girls

NOTE: Athletes will be heated based on their seed times in MileSplit! A meet program will be posted the night before the meet and each athlete must run in their assigned heat and lane!

Field Events	<u>Long Jump</u>	<u>Shot Put</u>	<u>Discus</u>
(3 attempts!)	11:30pm N. Pit- 8th Boys	7th Boys	8th Boys
	-follow N. Pit- 7th Boys	8th Girls	7th Girls
	11:30pm S. Pit- 8th Girls	7th Girls	8th Girls
	-follow S. Pit-7th Girls	8th Boys	7th Boys

11:30 pm 7th & 8th Girls High Jump; 7th & 8th Boys to follow
7th girls 3' 8" ; 8th girls 3' 10"; 7th boys 4' 0"; 8th boys 4' 2" to start

10 Minute absent time!