

# ***Versailles Tigers***



## **TRACK AND FIELD WARM-UP MS/HS**

### **INFORMATION SHEET**

- Date:** The Versailles Small Quad Warm-up will be Tuesday March 23<sup>rd</sup>, 2021. This will be for both middle school and high school track athletes
- Drop Off:** Busses will need to drop off and park on the North Side of the high school. Please pull your bus around the back between Wal-Mart and the West side of the high school building.
- Time:** The coaches' scratch meeting will start at 3:30 in the Sports Complex behind the bleachers. Field events will begin at 4:00. Running events will begin at approximately 4:30.
- Entries:** This will be an open meet. (Field events will be limited to 3 attempts 4 entries)
- Entry Form:** Entries are due **Tuesday, March 23<sup>rd</sup> at 9:00 am** [MoMlleSplit](#)
- Track:** Eight lane all-weather track – 1/8 inch spikes only please.
- Restrooms:** Restroom facilities along with a concession stand are available in the Sports Complex.
- Questions:** Any questions please call Kyle Middleton at 573-569-7015

# Versailles Track Small Quad Warm-up

March 23<sup>rd</sup>, 2021

## Order of Running Events

4x800 METER RELAY

100 / 110M HURDLES\*\*

100M DASH\*\*

4x200M RELAY\*\*

1600M RUN\*\*

4x100M RELAY\*\*

400M DASH\*\*

300M HURDLES

800M RUN\*\*

200M DASH\*\*

3200M RUN

4x400M RELAY\*\*

*(All running events will begin with girls & be followed by boys)*

*Note: \*\* means this event will also include middle school girls followed by middle school boys. All middle school events will go before high school*

## ORDER OF FIELD EVENTS

MS Girls Long jump / MS Boys Long jump / HS Girls Long jump, then boys

Boys Triple Jump, then HS girls / MS Boys triple jump, then MS girls

Girls Shot Put, then boys / MS Girls shot put, then MS boys

MS Boys Discus, then MS Girls / HS Boys Discus, then Girls

Girls High Jump, then boys / MS Girls high jump, then MS boys (cafeteria style)

MS Boys Pole Vault, then MS girls / Boys Pole Vault, then girls

Girls Javelin, then boys / All middle school

Teams for this event

Jamestown	Sacred Heart	Stover
Tuscumbia	Versailles	Warsaw
Smithton	Otterville	