

Meet Info - MS: District Championships

Who: Middle School Track and Field

What: District Championships

When: Tuesday May 7, @ 3:30

Where: Timberlake High School, Spirit Lake, ID

Depart: Students will be released from class after 5th period and should leave Charter NLT 2:05, Events begin at 3:30pm

Return: Following the final event

Necessary Items:

- Most complete uniform possible and track gear (warm-ups, training shoes, spikes, etc.)
 - Weather appropriate gear (change of clothing, rain gear, hats, gloves)
 - Water
 - A few dollars for gas money to their parent driver
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Coaches:

- Robby Miles - 818-6426
 - Caleb Orr - 819-4953
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Travel Directions:

- From CCA, go west on Kathleen to Atlas and then North to Prairie Avenue
 - Head West on Prairie to Hwy 41 and head North to Rathdrum
 - Follow signs through Rathdrum to continue North on Hwy 41 to Spirit Lake
 - Timberlake HS is just on your right before you enter Spirit Lake
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Notes:

- 7th and 8th grade events will be run and scored separately. The top six participants in each 7th grade and each 8th grade event will receive ribbons.
- Lanes will be assigned for each event.
- Athletes must be seated in stands when not participating in an event.
- There is a maximum spike length of 1/8 inch on Timberlake High School track.
- Athletes need to report to the clerk before the 3rd call.
- If an athlete misses their heat, they are scratched from that event
- Order of field events:
 - ◊ Long Jump (boys and girls at the same time)
 - ◊ High Jump (girls/boys)
 - ◊ Discus (boys/girls)
 - ◊ Shot (girls/boys)
- Order of events:
 - ◊ 1600 M Run

- ◊ 110 M Hurdles
- ◊ 100 M Hurdles
- ◊ 100 M Dash
- ◊ 400 M Run
- ◊ 400 M Relay (4x1)
- ◊ 800 M Run
- ◊ 200 M Run
- ◊ 800 M Relay (4x2)
- False Start: The first false start is a warning against the field. Any other false starts in that heat disqualify the offender.
- Gate Cost for spectators is \$4 for adults and \$2 for kids. A Family pass is available for \$10.