

Western Hills Middle School Track & Field meets (100 Doctors Drive, Frankfort Ky)

Host: Western Hills High School

Coach: Christian Adair adair.Christian@gmail.com

General Admission: \$2.00 student \$4.00 Adult

Meet starts: 5:15 p.m.

Entry info: 1) Send your Hy-tek roster to Frank fmiklavcic@AOL.COM at least one week prior to attendance. 2) Entry numbers for your team will be emailed via KY track list serve. If your team attends more than one meet your athletes will use the same number they were assigned at the first meet. This number is to be placed on the top of the right hand. This meet is opening elementary to 8th grade students. Student must be a member of a team.

Order of Events: Please make your athletes aware, we run this meet efficiently.

Check in area for all track events @ 100 meter start area

1. 100 hurdles (starting line white, black mark set up, bottom notch)
2. 100 meters (white starting line)
3. 4x200-meter relay (starting line-red, first two exchange zones are red to red, last exchange is yellow to yellow.)
4. 1600 meter run (water fall starting line / may be run B&G together)
5. 400 meter relay (white starting line / exchange zones are yellow to yellow)
6. 400 meter dash (white starting line / depending on # of participants, we may run use the waterfall)
7. 300 low hurdles (girls, bottom notch, hurdles placed at red marks)
8. 800 meter run (waterfall starting line)
9. 200 meter dash (white starting line at 3rd turn)
10. 4x400 meter relay (starting line blue-exchange zones are blue to blue, #2 cuts at 100 meter mark)

Field events check in at event location:

Boys then Girls Triple Jump

Boys then Girls High Jump

Girls then Boys Long Jump

Girls then Boys Pole Vault

Boys then Girls Shot

Girls then Boys Disc

Girls then Boys TurboJav (Tentative)