4-6 TRACK AND FIELD EVENT WORKSHEET

Team_____

Meet_____

Date_____

Dash Lanes_____

Relay Lanes_____

For meets with other clubs athletes may participate in 5 events total, no more than 2 field events
For Farmington Only meets, athletes may participate in 5 events total, no more than 3 field events.

	RUNNING EVENTS																FIELD EVENTS				
NAME	100M Hurdles		800M		**Sprint Medley Relay (100,100, 200,400)		100M		400M		200M		1600M		**4x100M Relay						Run	High Jump	Shot	Dis	# of Ev

** Relays ran at the Triangular meets will be by gender and age group for 4th and 5th graders (ie: two 4th grade girls/two 5th grade girls per relay team). 6th grade will r

H=Heat
R=Runner