

On **Monday, May 13th** , from 9:30 a.m. to approximately 1:45 p.m. all 4th grade students will participate in the annual Spring All-City Outdoor Track Meet.

In case of inclement weather on Monday the announcement would be made on Monday morning and the make up day for the track meet would be on Tuesday, May 14th.

Students will be bussed to the **MOORHEAD HIGH SCHOOL TRACK** this year for the event. An awards ceremony will immediately follow the track and field meet.

The events will be conducted in the following order:

1. Torch Run and National Anthem
2. Girls will start at field events (high jump, long jump, softball throw) until completion, then switch to the track
3. Boys will start on the track and compete in the: 100, 200, and 400 meter runs, and 4X100 relay before switching to field events.
4. The switch will take place between 10:30-11:00
5. The remaining events will run in this order:

CO-ED RELAY

GIRLS MILE RUN

BOYS MILE RUN

AWARDS CEREMONY



## Track Meet Info

### Job Assignment:

Ethan, Kathe, Tiffaney and Aaron : Announcer/Ribbons/Results

Dallas: Starter

Whitney and Louie: Softball throw

Jay and Matt: Long Jump

Joe: High Jump

Sandy: Finish Judge

John: Clerk of Course

High schoolers(Spencer Stowers): Timers, field event helpers

### Signing Kids up for Events

Each student may sign up for 3 events

(2 of one and 1 of the other)

Co-ed Relay and Mile Run do NOT count as one of their events  
(there may be a few kids that end up being in 4 or 5 events, that's okay)

No limits on how many kids from each school can be in one event, but be reasonable. Try and disperse the events.

-100m or 200m , not both

-High Jump or Long Jump, not both

-High Jump has to do two running events

-Mile Run, must have gotten an outstanding in class to qualify!

8:00 - 4th

7:45 - 5th

High Jump, must qualify

3'2", 4th grade.....top 5-10 jumpers'

Co-ed Relays (2 boys, 2 girls) (50m times)

-they can run in any order they want

Relays NO MORE THAN 8 TEAMS - names of team members on stickers

Stickers with event and name (first and last) should be on the athlete BEFORE coming to the meet.

Wear the sticker on the shirt, not on a sweatshirt or jacket they're going to take off.

Relay #s need to be on the stickers!!!!

NO STICKERS for Field events (HJ, LJ, and Softball Throw)  
These participants are put on a list and given to the teacher running the event

**Boys will run first and Girls will be in the field first.**

Order buses!

T-shirt Colors:

Reinertsen: Red

Asp: White

Hopkins: Blue

Dodds: Orange

**Meet start at 9:30**

**Buses leave at 9:15**

Please be to the track by 8:30, 8:45ish to be ready for the kids to arrive!

**Bus pick-up at 1:30 at the track**

Put subs in as athletics!!!  
you

Bring electronic whistle

**4th Grade:** 100 or 200, 400 and Mile

**Long Jump: (Measure from the line)**

Asp, Dodds and Park Christian

**Ball Throw:**

Reinertsen, Hopkins and St. Joes

Running Long Jump

Mark from the take off spot

Move the dates for the meet for May 18th in 2020, third week in May,

Make up day the next day, May 19th

Get approved on facilities calendar through Dean