

MIDDLE SCHOOL TRACK SCHEDULE

1996

APRIL 4 MAPLETON  
 APRIL 11 WESTERN RESERVE  
 APRIL 18 CRESTVIEW  
 APRIL 25 WESTERN RESERVE  
 MAY 1 CRESTVIEW INV.  
 MAY 8 NEW LONDON INV.  
 MAY 14 CONFERENCE

GIRLS

- 1 - Hurdles - 100 meters (10 Hurdles) (30")
- 3 - Dash - 100 meters or 100 yards
- 5 - Run - 1600 meters or One Mile
- 7 - Relay - 4x100 meters or 4x110 yards
- 9 - Dash - 400 meters or 440 yards
- 11 - Relay - 4x200 meters or 4x220 yards
- 13 - \*Hurdles - 200 meters (30")
- 15 - Run - 800 meters or 880 yards
- 17 - Dash - 200 meters or 220 yards
- 19 - Relay - 4x400 meters or 4x440 yards

BOYS

- 2 - Hurdles - 110 meters (10 Hurdles) (30")
- 4 - Dash - 100 meters or 100 yards
- 6 - Run - 1600 meters or One Mile
- 8 - Relay - 4x100 meters or 4x110 yards
- 10 - Dash - 400 meters or 440 yards
- 12 - \*Hurdles - 200 meters (30")
- 14 - Run - 800 meters or 880 yards
- 16 - Dash - 200 meters or 220 yards
- 18 - Relay - 4x400 meters or 4x440 yards

\*Start - 200 M. mark. 5 hurdles. spacing of hurdles 50 m to the first hurdle. 35 m between hurdles. 10 m from 5th hurdle to the finish line

1996 PLYMOUTH TRACK SCHEDULE

March 26 at Mapleton / Black River 4:30  
 April 02 at Mapleton / Monroeville / St Paul 4:30  
 April 04 at Crestline 4:15  
 April 09 at Crestview / New London 4:30  
 April 16 at Western Reserve / South Central 4:30  
 April 19 at Crestview Invite 5:00  
 April 23 at Crestline / Lucus 4:15  
 May 02 Lucus / Crestline 4:30  
 May 04 at New London Invite 11:00  
 May 07 at Tri Co.Meet Seneca East 4:00  
 May 11 at F.C. Meet Mapleton TBA

GIRLS

- 1 - Relay - 4x800 meters or 4x880 yards
- 3 - Hurdles - 100 meters (33" high)
- 5 - Dash - 100 meters
- 7 - Relay - 4x200 meters or 4x220 yards
- 9 - Run - 1600 meters or One Mile
- 11 - Relay - 4x100 meters or 4x110 yards
- 13 - Dash - 400 meters or 440 yards
- 15 - Low Hurdles - 300 meters (30" high)
- 17 - Run - 800 meters or 880 yards
- 19 - Dash - 200 meters or 220 yards
- 21 - Run - 3200 meters or Two Miles
- 23 - Relay - 4x400 meters or 4x440 yards

BOYS

- 2 - Relay - 4x800 meters or 4x880 yards
- 4 - High Hurdles - 110 meters or 120 yards (39" high)
- 6 - Dash - 100 meters
- 8 - Run 1600 meters or One Mile
- 10 - Relay - 4x100 meters or 4x110 yards
- 12 - Dash - 400 meters or 440 yards
- 14 - Hurdles - 300 meters (36" high)
- 16 - Run - 800 meters or 880 yards
- 18 - Dash - 200 meters or 220 yards
- 20 - Run - 3200 meters or Two Miles
- 22 - Relay - 4x400 meters or 4x440 yards