

2023 Mody Family YMCA Track Meet

May 19th at Germany Park

1st and 2nd Grade Order of Events

1st Grade (4:45 pm, arrive 4:15pm)	2nd Grade (6:30pm, arrive 6:00pm)
<u>Girls Field - Boys Track</u>	<u>Girls Field - Boys Track</u>
50m Race	50m Race
100m Race	100m Race
	400m Race
Field	
Long Jump OR Softball Throw	Field
	Long Jump OR Softball Throw

Athletes can do BOTH the 50m and the 100m AND one field event

Once they finish their 50m they can go line up for the 100m

There will not be a second call to the Heat Bench for the 100m

2nd grade can have 1 runner per team run the 400M

Additional 2nd grade 400 runners based on team size.

May 20th at Germany Park

ORDER OF EVENT SHEET

3rd Grade Order of Events (8:00am, arrive 7:30am)

3rd Grade Girls	3rd Grade Boys
<u>Running Events First</u>	<u>Field Events First</u>
100m Preliminary Heats	100m Preliminary Heats
400m Final Races	400m Final Races
100m Final Race	100m Final Race
50 Preliminary Heats	50 Preliminary Heats
200m Final Races	200m Final Races
50m Final Race	50m Final Race
4x100 Relay ("B" then "A")	4x100 Relay ("B" then "A")

4th Grade Order of Events (11:30am, arrive 11:00am)

4th Grade Girls	4th Grade Boys
<u>Running Events First</u>	<u>Field Events First</u>
100m Preliminary Heats	100m Preliminary Heats
400m Final Races	400m Final Races
100m Final Race	100m Final Race
50 Preliminary Heats	50 Preliminary Heats
200m Final Races	200m Final Races
50m Final Race	50m Final Race
4x100 Relay ("B" then "A")	4x100 Relay ("B" then "A")

5th and 6th Grade Order of Events (3:00pm, arrive 2:00pm)

5th Grade Girls & Boys	6th Grade Girls & Boys
<u>Running Events First</u>	<u>Field Events First</u>
100m Girls Pre-lim Heats	100m Girls Pre-lim Heats
100m Boys Pre-lim Heats	100m Boys Pre-lim Heats
400m Girls Finals Races	400m Girls Finals Races
400m Boys Finals Races	400m Boys Finals Races
50m Girls Pre-lim Heats	50m Girls Pre-lim Heats
50m Boys Pre-lim Heats	50m Boys Pre-lim Heats
100m Girls Finals (Top 6 times)	100m Girls Finals (Top 6 times)
100m Boys Finals (Top 6 times)	100m Boys Finals (Top 6 times)
200m Girls Finals Races	200m Girls Finals Races
200m Boys Finals Races	200m Boys Finals Races
50m Girls Finals (Top 6 times)	50m Girls Finals (Top 6 times)
50m Boys Finals (Top 6 times)	50m Boys Finals (Top 6 times)
Girls 1600m (10 min cut-off)	Girls 1600m (10 min cut-off)
Boys 1600m (10 min cut-off)	Boys 1600m (10 min cut-off)
Girls 4x100 Relay	Girls 4x100 Relay
Boys 4x100 Relay	Boys 4x100 Relay

* Please Note the close proximity of the events and how it affects your athletes

* Any Prelim Races with 6 or less participants will be run as the Final

* Runner can only run on one relay team