



BAD DOGS

Middle School Track & Field Invitational

Hosted at Hemet High by San Jacinto Valley Academy

May 16th 2019 at Hemet High School

- Meet begins at 3pm at Hemet High Stadium
- Combined grade level meet; 6th, 7th, & 8th grade
- Each athlete is limited to 4 total events - Each school is allowed 3 athletes per event
- One girl team and one boy team per school in each relay.
- Track spikes allowed, (3/16ths needle only, spikes checked prior to events)

Order of Events (CIF order)

- 4 X 100 Relay
- 1600
- 100 Meter Hurdles (30 inch)
- 400
- 100
- 800
- 300 Meter Hurdles (30 inch)
- 200
- 4 X 400 Relay

Field Events

- High Jump
- Long Jump
- Triple Jump
- Shot Put (4kg, 8.8lb, both genders)
- Discus (1kg, 2.2lb, both genders)

*** Medals awarded for 1st- 5th places**

*** Full concession stand**

Meet professionally timed and scored by Finished Results

*** Plaques to the top 3 teams in each gender**

*** Meet t-shirts for sale**