

BOLD/BLHS Gr. 7-9 TRACK & FIELD MEET
Friday, April 19, 2024
BOLD High School – Olivia

TEAMS INVITED: ACGC, BOLD/BLHS, CMCS, CCS, DB/LQPV, GFW, MACCRAY/RCW, Melrose Area, Redwood Valley, Willmar, YME

START TIME: 4:00pm Field Events
4:30pm Running Events

ENTRY FEE: \$75.00 per school. Please make checks out to “BOLD Schools” & mail to
Att: Derek Flann - BOLD Schools - 701 South 9th Street - Olivia, MN 56277

RULES:

- No camps on the infield.
- Max of 6 total per gender per entities/team/event; 2 relays per team per gender
- Place your fastest runners in the first heat, second fastest in the second heat, etc.
- 1/8” pyramid spikes ONLY.
- All running events are organized BY THE FLAG POLE at the north end of the track.
- Coaches – please help with the exchange zones.
- Concessions will be available!

AWARDS: Every heat will be awarded ribbons. No need for stickers in this meet. Awards for running events will be presented IMMEDIATELY following each race. Awards for field events can be picked up in the press box following the meet. We will send out final results digitally by Monday morning.

FIELD EVENT ORDER: Two trials in each event.

High Jump (boys then girls)
Shot (girls then boys)
Discus (boys then girls)
Long Jump (Girls on West Pit/Boys on East Pit)
Pole Vault (together)
Triple Jump (after long-together)

RUNNING EVENT ORDER: girls then boys; grade levels will be divided when marshaled

3 x 800m Relay (2 relays per team per gender)
100m Hurdles
100m Dash
1200m Run
4 x 100m Relay (2 relays per team per gender)
400m Run
200m Dash
800m Medley Relay: 100m, 100m, 200m, 400m (2 relays per team per gender)

QUESTIONS: E-mail Jen Jahnke at jennifer.jahnke@bold.k12.mn.us