

Sioux Center Middle School COED Invitational Track Meet

Field Events:

4:30	Shot Put	Boys 1st - Girls 2nd
	Discus	Girls 1st - Boys 2nd
	High Jump	Boys 1st - Girls 2nd
	Long Jump	Girls 1st - Boys 2nd

Running Events:

5:00	4 x 800 Meter Relay
	Shuttle Hurdle Relay (7-Flight)
	100 Meter Dash
	1600 Meter Medley Relay (200-200-400-800)
	400 Meter Dash
	4 x 200 Meter Relay
	1500 Meter Run (Girls)
	1600 Meter Run (Boys)
	7 Flight Hurdles
	200 Meter Dash
	800 Meter Medley Relay (100-100-200-400)
	200 Meter Hurdles
	800 Meter Run
	4 x 100 Meter Relay
	4 x 400 Meter Relay

Girls will be run first - Boys to follow