

# **MIDDLESEX LEAGUE GIRLS FRESHMAN/SOPHOMORE INVITATIONAL TRACK AND FIELD CHAMPIONSHIPS**

**Saturday May 1, 2010  
At Woburn Memorial High School**

**Field Events 9:00am    Running Events 9:45 (400mH)**

## **ENTRY LIMITATIONS**

- 1. Unlimited entries per event.**
- 2. 1-1-1 Rule for event entries will be in effect.**
- 3. Notify me by email if you will be participating. (All teams are expected to participate.)**
- 4. *Athletes will be seeded in running events at the meet.***
- 5. Field event flights will be established at each event prior to competition.**

**Email entries to Sarah Bramley at [sbramley@woburnpublicschools.com](mailto:sbramley@woburnpublicschools.com) by  
Thursday April 29<sup>th</sup>.  
Cell phone: (978) 590-0221**

## **GENERAL INFORMATION**

- 1. Field events will begin at 9:00am. The 400 meter intermediate hurdles will be run at 9:45, with remaining running events to follow.**
- 2. Teams are asked to arrive on time.**
- 3. A trainer will be on site during the meet.**
- 4. We will have 9 paid officials to work the meet.**

**MIDDLESEX LEAGUE GIRLS FRESHMAN/SOPHOMORE  
TRACK AND FIELD CHAMPIONSHIPS  
ORDER OF EVENTS**

**9:00AM: FIELD EVENTS**

**HIGH JUMP**

**SHOT PUT**

**LONG JUMP, followed by TRIPLE JUMP**

**JAVELIN, followed by DISCUS**

**9:45AM: RUNNING EVENTS**

**400 M HURDLES (FINAL)**

**200 M DASH (TOP 6 TO FINAL)**

**400M (FINAL)**

**4x100 M RELAY**

**800M (FINAL)**

**100/110 HURDLES (TOP 8 TO FINAL)**

**100 M DASH (TOP 8 TO FINAL)**

**1 MILE (FROSH)**

**1 MILE (SOPH)**

**200 M DASH (FINAL)**

**100 M HURDLES (FINAL)**

**100 M (FINAL)**

**4x400 M RELAY**