

K-1 TRACK AND FIELD EVENT WORKSHEET

Team _____

Meet _____

Date _____

Dash Lanes _____

Shuttle Lanes _____

Relay Lane _____

Athletes may participate in 2 field events and 4 running events per meet
Relay teams should be made up of 2 athletes from each grade.

NAME	RUNNING EVENTS																FIELD EVENTS			
	70M		420M Shuttle (6 x 70)		100M		400M (1st Gr Only)		200M		4 x 100 Relay						Baseball Throw	Standing Long Jump	Running Long Jump	# of Events

H=Heat
R=Runner