

Field events start at 3:45 pm, 1600 at 3:45 pm

Running events start at 4:30 pm

7th Grade Girls

1600 M Run	Joey
100 M Hurdles	Hannah, Avery, Grace, Linley
4x200 Relay	Abby, Hannah, Avery, Joey
800 M Run	Joey
100 M Dash	Grace, Kaymarie, Natalie, Abby
400 M Dash	Hannah, Ella, Linley
200 M Dash	Aynslee, Patty, Ella, Avery
4x100 Relay	Abby, Hannah, Joey, Natalie Kaymarie, Emily, Teagan, Lilly
Medley Relay (100, 100, 200, 400)	Abby, Natalie, Grace, Linley
High Jump	Abby
Long Jump	Aynslee, Natalie, Linley, Avery
Triple Jump	Aynslee, Natalie, Linley, Avery
Discus	Teri, Teagan, Emily, Patty, Lilly, Grace
Shot Put	Teri, Grace, Emily, Patty, Lilly, Teagan

8th Grade Girls

1600 M Run	Paetyn
100 M Hurdles	Sophia, Jolie, Jezmarie, Hailey
4x200 Relay	Sophia, Alexis, Alicen, Carly
800 M Run	Paetyn
100 M Dash	Sophia, Danica, Grace, Carly
400 M Dash	Danica, Karlee
200 M Dash	Jolie, Alexis, Jezmarie, Hailey
4x100 Relay	Sophia, Alicen, Izzy, Carly Emily, Grace, Ravyn, Jolie
Medley Relay (100, 100, 200, 400)	Carly, Danica, Izzy, Karlee
High Jump	Alicen, Karlee, Grace
Long Jump	Aubrey, Karlee, Danica
Triple Jump	Aubrey, Karlee, Danica
Discus	Jolie, Nicole, Emily, Grace, Ravyn
Shot Put	Nicole, Emily, Grace, Ravyn, Izzy

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7th Grade Boys

1600 M Run	Joe, Isaiah, Dean, Mason
110 M Hurdles	Reed, Derrike
4 x 200 Relay	Carson - Isaiah - Derrike - Kayden
800 M Run	Nick, Joe, Dean, Aiden Z
100 M Dash	Jacob, Aiden J, Mason, Taydom
400 M Dash	Kayden, Reed
200 M Dash	Aiden J, Mason, Taydom, Jacob
4 x 100 Relay	Taydom - Isaiah - Derrike - Tracen
Medley Relay (100-100-200-400)	Taydom - Isaiah - Derrike - Kayden
High Jump	Carson, Evan
Long Jump	Carson, Taydom, Tracen, Evan
Triple Jump	Carson, Taydom, Tracen, Evan
Discus	Grayson, Kade, Evan
Shot Put	Grayson, Kade

8th Grade Boys

1600 M Run	Jonathan, Brandon
110 M Hurdles	Gavin, Chace, Easton
4 x 200 Relay	Devon - Den - Jake - Noah
800 M Run	Jonathan, Lucas Hueser, Lucas Hemmingstad, Jackson, Chase
100 M Dash	Jake, Alex, Caleb, Aidan
400 M Dash	Hunter, Gavin, Jake, Lucas Hemmingstad
200 M Dash	Noah, Alex, Easton, Chace
4 x 100 Relay	Devon - Chase - Alex - Jackson
Medley Relay (100-100-200-400)	Ben - Hunter - Jake - Lucas Hueser
High Jump	
Long Jump	Hunter, Noah, Devon, Ben
Triple Jump	Hunter, Devon, Ben, Alex
Discus	Chace, Gavin, Cameron, Cooper, Ty
Shot Put	Braden, Chace, Gavin, Aidan, Caleb

Beresford Middle School Track Invite @ BERESFORD

April 23, 2019

3:45- Field Events / 1600 M Run

4:30-Running Events

Teams Invited: Beresford, Canton, Dakota Valley, Elk Point-Jefferson, Sioux Falls Christian & West Central

Field Events: Starting height for girls HJ (3' 10"), boys HJ (4' 2"). If an athlete is in HJ and other field events, **report to HJ first!**

Three throws/jumps and no finals

We will provide implements for the shot put and discus. You will not have to bring any.

Awards: Ribbons for individual events (1-6) Relays (1-3)

Field Events – 3:45

Girls 7th & 8th High Jump

(jump together – place by grade)

Girls Shot Put 7th followed by 8th

Boys Discus 7th followed by 8th

Boys Long Jump 7th & 8th

Girls 7th & 8th Long Jump to follow boys

Boys 7th & 8th High Jump to follow girls

Boys and Girls 7th and 8th TJ following

Boys 7th & 8th Shot Put to follow girls

Girls 7th & 8th Discus to follow boys

Running Events – 3:45

1600 M Run – 7G, 7B, 8G, 8B

Running Events – 4:30

100 M Hurdles – 7G followed by 8G

110 M Hurdles – 7B followed by 8B

4 x 200 Relay – 7G, 8G, 7B, 8B

800 M Run – 7G, 8G, 7B, 8B

100 M Dash – 7G, 8G, 7B, 8B

400 M Dash – 7G, 8G, 7B, 8B

200 M Dash – 7G, 8G, 7B, 8B

4 x 100 Relay – 7G, 8G, 7B, 8B

Medley Relay – 7G, 8G, 7B, 8B

(100, 100, 200, 400)

We will be using the #-on-wrist method for this meet. Contestant #'s need be written on the back of the hands of the athletes in dark Sharpie Marker.