

OKALOOSA/WALTON COUNTY MIDDLE SCHOOL TRACK SCHEDULE 2019

REVISED 12/14/2018

DATE	HOME	VISITOR	PLACE
March 13 Wednesday 4:30 pm	Destin Davidson Pryor	Meigs, Lewis S.River, ECMS, Freeport Ruckel, Bruner, L.Jackson	Destin MS Crestview HS Choctaw HS
March 27 Wednesday 4:30 pm	Freeport Ruckel ECMS	Meigs, S. River, Bruner Davidson, L. Jackson Pryor, Destin, Lewis	Freeport HS Niceville HS ECMS
April 3 Wednesday 4:30 pm	Lewis Meigs Bruner	Ruckel, Freeport, S. River Destin, L. Jackson Davidson, ECMS, Pryor	Niceville HS Choctaw HS FWBHS
April 10 Wednesday 4:30 pm	Destin Davidson Ruckel	Freeport, ECMS Pryor, L. Jackson, Lewis S. River, Bruner, Meigs	Destin MS Crestview HS Niceville HS
April 17 Wednesday 4:30 pm	L. Jackson Pryor S. River	Freeport, Meigs, Bruner ECMS, Ruckel, Lewis Davidson, Destin	FWBHS Choctaw HS S. River MS

CHAMPIONSHIP MEET WED, APR 24 @CHOCTAW HS
EVENTS 1:00 PM RUNNING 3:00 PM

ORDER OF EVENTS

- | | | |
|--------------------------|----------------------|------------------------|
| 1. Shot/Discus/Long Jump | 4. 4x100 Meter Relay | 7. Sprint Medley Relay |
| 2. 100 Meter Dash | 5. 400 Meter Dash | 8. 800 Meter Run |
| 3. Mile Run | 6. 200 Meter Dash | 9. 4x400 Relay |

TRI-MEET COMPETITION

Scoring: Individual Events 5-3-2-1
Relays 5-3-0

Participants: Mile – 8 Runners
Field Events – 3
800 – 5 Runners
100-200-400 – 2 Runners
Relays-1 for scoring
*(may run B team in outside lanes,
Will not count for points)

CHAMPIONSHIP MEET

Scoring: Individual Events 10-8-6-4-2-1
Relays 10-8-6-4-2

Participants: Mile – 3 Runners
Field Events – 2
800 – 3 Run
100-200-400 – 2 Runners
Relay Teams- 1 (For each relay)

QUAD-MEET COMPETITION

Scoring: Individual Events 6-4-3-2-1
Relays 6-4-2

#Participants: Mile-6 runners
Field Events-2
800-4 runners
100-200-400-3 Runners (2 heats)
*(except at ECMS-8 lanes, 2 runners)
Relays-1 for scoring
*(may run B team in outside lanes, will not count for points)