

13-14 yr old Division*

Meet Date: _____

First & Last Name: _____

Boy Girl

4 events max

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- 1500 Meter Run
- 3000 Meter Run
- 100 Meter Hurdles (Boys 33" - Girls 30")
- 4 x 100 Meter Relay (*must also fill out relay card*)
- 4 x 400 Meter Relay (*must also fill out relay card*)
- High Jump
- Pole Vault
- Long Jump
- Triple Jump
- Shot Put (B-4kg (8.82lb) G-6 lb (2.72kg))
- Discus (1kg (2.2lb))
- Javelin (600g)

* if unsure of division, check birth year table online or ask at track shed or a coach

13-14 yr old Division*

Meet Date: _____

First & Last Name: _____

Boy Girl

4 events max

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- 1500 Meter Run
- 3000 Meter Run
- 100 Meter Hurdles (Boys 33" - Girls 30")
- 4 x 100 Meter Relay (*must also fill out relay card*)
- 4 x 400 Meter Relay (*must also fill out relay card*)
- High Jump
- Pole Vault
- Long Jump
- Triple Jump
- Shot Put (B-4kg (8.82lb) G-6 lb (2.72kg))
- Discus (1kg (2.2lb))
- Javelin (600g)

* if unsure of division, check birth year table online or ask at track shed or a coach

13-14 yr old Division*

Meet Date: _____

First & Last Name: _____

Boy Girl

4 events max

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- 1500 Meter Run
- 3000 Meter Run
- 100 Meter Hurdles (Boys 33" - Girls 30")
- 4 x 100 Meter Relay (*must also fill out relay card*)
- 4 x 400 Meter Relay (*must also fill out relay card*)
- High Jump
- Pole Vault
- Long Jump
- Triple Jump
- Shot Put (B-4kg (8.82lb) G-6 lb (2.72kg))
- Discus (1kg (2.2lb))
- Javelin (600g)

* if unsure of division, check birth year table online or ask at track shed or a coach

13-14 yr old Division*

Meet Date: _____

First & Last Name: _____

Boy Girl

4 events max

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- 1500 Meter Run
- 3000 Meter Run
- 100 Meter Hurdles (Boys 33" - Girls 30")
- 4 x 100 Meter Relay (*must also fill out relay card*)
- 4 x 400 Meter Relay (*must also fill out relay card*)
- High Jump
- Pole Vault
- Long Jump
- Triple Jump
- Shot Put (B-4kg (8.82lb) G-6 lb (2.72kg))
- Discus (1kg (2.2lb))
- Javelin (600g)

* if unsure of division, check birth year table online or ask at track shed or a coach