

15-16 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
- 110/100 Meter Hurdles (Boys 39" - Girls 33")
- 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 12 lb (5.44kg) - G 4kg (8.82lb))
- Discus (B 1.6 kg (3.53lb) - G 1kg (2.2lb))
- Javelin (B 800g - G 600g)

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

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