

9-10 yr old Division*

Meet Date: _____

First & Last Name: _____

Boy Girl

3 events max

- 100 Meter Dash
- 200 Meter Dash
- 400 Meter Dash
- 800 Meter Run
- 1500 Meter Run
- 4 x 100 Meter Relay (*must also fill out relay card*)
- 4 x 400 Meter Relay (*must also fill out relay card*)
- High Jump
- Long Jump
- Shot Put (6 lb (2.72kg))
- Turbo Jav (300g)

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

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