

Commerce-MS Girls

Cumby, Sulphur Springs, Marshall, Paris North Lamar, Honey Grove, Commerce

Date: *Monday March 7th, 2018*

Place: *Commerce High School*

Entry Fee: ***\$100 per Team. 7th Grade Girls, 8th Grade Girls***

Awards: *1-3 Place Medals. 4-6 Place Ribbons*

Schedules: **The Commerce Coaches will run off the Track meet.**

2:45-3:00 Coaches Meeting -Field Events start 3:30- 4:00
3200 Meter Run- TBA

Meet Rules: *3 Throws, 3 Jumps, and Running Finals*

Checks: *Please make entry fee checks payable to Commerce Athletics.*

Concessions: **Concessions will be open and there will be no meal tickets.**

For more information or questions please contact us:

Jeff Davidson: Athletic Director- 903-217-8626

Jerale Badon: Head Boys Track- 325-232-0788

FIELD EVENTS—3:30

SHOT

7th Girls

8th Girls

DISCUS

8th Girls

7th Girls

High Jump

7th Girls

8th Girls

TRIPLE JUMP

8th Girls

7th Girls

LONG JUMP

7th Girls

8th Girls

POLE VAULT

8th Girls

7th Girls

RUNNING EVENTS: RUNNING ORDER (7th Grade Girls followed by 8th Grade Girls)

Relays run together.

4:00

3200 METER RUN

400 METER RELAY

800 METER RUN

100 METER HURDLES (30")

100 METER DASH

800 METER RELAY

400 METER DASH

300 METER HURDLES (30")

200 METER DASH

1600 METER RUN

1600 METER RELAY