



2023 Sprint Carnival

Thursday, April 20, 2023

4:30PM – check-in | 5:00PM – Start

*** Important note: Kids in grades 3 and 4 can run in Junior races*

RUNNING EVENTS

EVENT	TYPE	GRADE
100M	Junior girls	Grades 5 & 6
100M	Junior boys	Grades 5 & 6
100M	Senior girls	Grades 7 & 8
100M	Senior boys	Grades 7 & 8
400M	Junior girls	Grades 5 & 6
400M	Junior boys	Grades 5 & 6
400M	Senior girls	Grades 7 & 8
400M	Senior boys	Grades 7 & 8
200M	Junior girls	Grades 5 & 6
200M	Junior boys	Grades 5 & 6
200M	Senior girls	Grades 7 & 8
200M	Junior boys	Grades 7 & 8

FIELD EVENTS

Seniors only (grades 7 & 8)

- Shot Put
- High Jump

NOTE

Team rosters are due by 7:00PM Monday, April 17, 2023. Please note that there are participation limits.

Limited 6 runners per group

1st race and field event begin at 5:00PM

INSTRUCTIONS

Coaches and athletes should arrive by 4:30 PM.

- Seeding for Running Events will close at 4:50 PM. Races will begin at 5:00 PM
- If an athlete misses their heat, they will not be able to run in a different heat.
- It is up to the coaches/athletes to listen to calls for the events.