

**SOUTHWEST MN CHRISTIAN HS FIELD DAY
ORDER OF EVENTS**

(This is an approximate time schedule as we will run straight through)

FIELD EVENTS

- 12:30 Closest to the Hole—participants will use a pitching wedge and chipping for the flag(hole). Each participant will be given three balls. Clubs will be available for use.
5th & 6th Girls
5th & 6th Boys
7th & 8th Girls
7th & 8th Boys
- 12:30 High Jump—in the following order—3 attempts each height
5th & 6th Girls—start at 3'0"
5th & 6th Boys—start at 3'6"
7th & 8th Girls—start at 3'6"
7th & 8th Boys—start at 4'0"
- 12:30 Softball Throw—in the following order—3 throws
7th & 8th Boys
7th & 8th Girls
5th & 6th Boys
5th & 6th Girls
- 12:30 Long Jump—in the following order—3 jumps
5th & 6th Girls
5th & 6th Boys
7th & 8th Girls
7th & 8th Boys
- 12:30 Shot Put—in the following order—3 throws
7th & 8th Girls
7th & 8th Boys

Track Events

- 12:30 5th & 6th Girls 75 m. dash
12:35 5th & 6th Boys 75 m. dash
12:40 7th & 8th Girls 75 m. dash
12:45 7th & 8th Boys 75 m. dash
12:50 5th & 6th Girls 400 M. Dash (may be run w/ the 7th & *th Girls
12:55 5th & 6th Boys 400 M. dash
1:00 7th & 8th Girls 400 M. dash
1:05 7th & 8th Boys 400 M. dash
1:10 5th & 6th Girls 400 M. Relay
1:15 5th & 6th Boys 400 M. Relay
1:20 7th & 8th Girls 400 M. Relay
1:25 7th & 8th Boys 400 M. Relay
1:30 5th, 6th, 7th, & 8th Girls 800 M. run
1:40 5th, 6th, 7th, & 8th Girls 800 M. run
1:50 5th & 6th Girls 100 m. dash
1:55 5th & 6th Boys 100 m. dash
2:00 7th & 8th Girls 100 m. dash
2:05 7th & 8th Boys 100 m. dash
2:10 5th & 6th Girls 200 M. dash
2:15 5th & 6th Boys 200 M. dash
2:20 7th & 8th Girls 200 M. dash

2:25 7th & 8th Boys 200 M. dash
2:30 5th & 6th Girls 400 M. Medley Relay (55, 55, 110, 220)
2:35 5th & 6th Boys 400 M. Medley Relay (50, 50, 100, 200)
2:40 7th & 8th Girls 800 M. Medley Relay
2:50 7th & 8th Boys 800 M. Medley Relay
3:00 Clean Up & Ribbons—Results will be emailed.