

Spring Sprints Event Schedule

Friday May 2nd @ Kern Track and Field

(Rain Date would be Friday May 9th, If a decision needs to be made about the weather we will notify schools by Friday May 2nd at 7:00 A.M.)

9:15-10:00 a.m Registration

10:00 a.m. National Anthem

10:05-11:15 a.m. Session 1 (K-6 Field Events, 7-12 Track Events)

11:30-12:00 p.m. Lunch Break/ Transitions

12:00-1:10 p.m. Session 2 (K-6 Track Events, 7-12 Field Events)

Note: We will be on a rolling schedule. If we finish a session early we will roll right into the next portion of the meet.

Field events: All Field Events will consist of 3 attempts, no finals.

Field Events:

Long jump

Soccer kick (for athletes unable to do the long jump)

Ball Throw

Frisbee Throw

Running Events:

400-Run

25 meter assisted walk

200-Run

25 meter wheelchair race

50 meter walk

100 meter run

100 meter walk (For those athletes who choose not to do the 100 meter run)

50 meter wheelchair slalom

4X100 Meter Relay

