

GCAC Middle School Championship at First Baptist Academy

Saturday, March 28th

Meet will have Referees & Clerks from Broward County T&F Officials Association.

Coaches Meeting: 8:15 AM

4 Entries Per Event (**Entries due via Direct Athletics by 03-26. No late entries allowed**)

4 Events Per Athlete

1 Relay Team per school

Grades 6th, 7th, 8th Only.

Each Team must have a volunteer to help the field events and for hurdle set up.

Field Events start at 8:30 AM

Shot Put Girls followed by Shot Put Boys

Discus Boys followed by Discus Girls

Long Jump Girls followed by Long Jump Boys

High Jump Boys followed by High Jump Girls

1600 Meter starts at 9:30 AM

Track Events start at 10:00 AM (Girls Heats followed by Boys Heats)

Order:	Events:
1	100 Hurdles
2	100 Meter
3	400 Meter
4	4x100 Relay
5	800 Meter
6	200 Meter
7	200 Hurdles
8	4x400 Relay

Team tents can be set up on backside of the home side bleachers.

Any question contact Coach Joe Lampkin jlampkin@fbalions.org or 857-526-0844