


POPLAR BLUFF
PARKS & RECREATION
2023 TRACK AND FIELD

PRACTICES: All practices take place at the Poplar Bluff Junior High School Track from 5:15pm to 6:45pm. Practice times may be changed at coach's discretion.

MARCH - 13, 14, 23, 27, 30

APRIL - 3, 5, 10, 13, 17, 20, 24, 27

MAY - 1, 4

MEETS: Held on Saturday or Sunday, usually Saturdays. Poplar Bluff's meet will be April 22.

AGE GROUPS:

Pee Wee (5-6 y/o): 2017-2018

Primary (7-8 y/o): 2015-2016

Bantam (9-10 y/o): 2013-2014

Midget (11-12 y/o): 2011-2012

Youth (13-14 y/o): 2009-2010

Placement in age group is the athlete's age on 12/31/2023

<u>GROUPS</u>	<u>EVENTS</u>
Pee Wee (5-6)	50m, 100m, Long Jump
Primary (7-8)	100m, 200m, 400m, 800m, 4 x 100m, Long Jump, 6lb Shot
Bantam (9-10)	100m, 200m, 400m, 800m, 1500m, 4 x 100m, Long Jump, 6lb Shot, High Jump
Midget (11-12)	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 4 x 100m, Long Jump, 6lb Shot, High Jump, 1kg Discus
Youth (13-14)	100m, 200m, 400m, 800m, 1500m, 100m Hurdles, 4 x 100m, Long Jump, 4kg-Boys/6lb-Girls Shot, High Jump, 1kg Discus

ENTRY LIMITS: **Maximum 3** events per athlete including relays
Maximum 2 relay teams each age group
Maximum 8 entries each age group for Long Jump
No maximum on Pee Wee Long Jump

AWARDS: Medals - 1st thru 3rd
Ribbons - 4th thru 8th

CONTACT PERSON: Rosa Johnson 573-200-5926