

The John Reed Memorial



Track Meet



Order of Events

Girls then Boys
100/110 Hurdles
3200relay
100m Dash
2000 Steeple
3000 Steeple
400m Run
1500m Run
1600m Run
400m Relay
400m Hurdles
800m Run
200m Dash
3000m Run
3200m Run
1600m Relay



Alfred-Almond Central School
May 6, 2017

Girls first:

shot put, long jump,
high jump

Boys first:

triple jump, pole
vault, discus

Open Pit Format for

Jumps & Throws.

Three Jumps/Throws

Start Time: 8:15am Coaches Meeting. 9:00am start time.

Awards; Team Plaques for 1st & 2nd place, medals for 1st place and ribbons for 2 -6th place finishers, awards for male and female Most Outstanding Athlete.

Entries 4 athletes may be entered in each event



Entry Fee \$140 made out to Alfred Almond Central School
Attn: Keith Holmok

Please notify Greg Cook at gcook@acsapps.com, if you plan on attending the meet.
You will be contacted with instructions on making entries the last week in April.