

St. Vrain
District 6th Grade Meet
Lyons High School
APRIL 22th, 2023
2:00pm

Running Events: (only athletes will be allowed on field for their events)

4x400 m relay (girls/boys)

100 m hurdles (girls, 30")

100 m hurdles (boys, 33")

100 m dash (girls/boys)

4x200 m relay (girls/boys)

1600 m run (girls / boys)

400 m run (girls / boys)

200 low hurdles (girls-30 / boys-30)

200 m dash (girls / boys)

800 m run (girls/boys)

4x100 relay (girls / boys - no acceleration zones)

Field Events: (only athletes competing are allowed in field event areas)

Discus - 1K

Shot Put - girls (6lb.) boys (4K)

Long Jump - 3 jumps (no run-throughs)

Triple Jump - 3 jumps (no run-throughs)

High Jump - girls start height 3'4", boys 3'8"