**Wednesday Feb 7th – RED VS BLUE MEET**

Our team inter-squad meet will consist of competing in 8 events in preparation for our first meet of the season and to give the girls the opportunity to lead their teammates in a meet. We have divided the seniors between red and blue teams and they are responsible for drafting their teams and setting their line ups.

**Meet Schedule:**

**Field Events – 4:00 start time**

* Pole Vault, Long Jump, High Jump, Shot put, Discus

**Running Events – 5:00 Start Time**

5:00 – 1600m Run

5:10 – 4 x 100 – Relay teams # 4/5/6

5:15 - 4 x100 – Relay Teams #1 /2 /3

5:20 - 100h – 8h

5:30 – 200m dash

5:40 – 800m Run

5:50 – 4 x 400 – Relay teams #4,5,6

6:00 – 4 x 400 Relay teams # 1,2,3

6:10 – Whole team huddle and announcing of team scores

**ENTRIES:**

* Each team will be allowed to enter the following per event:
  + 4 athletes per field event
  + 4 relay teams per event
  + Unlimited entries allowed in the 1600, 800
* No athlete is allowed to compete in more than 3 events and all athletes on your team must compete in at least 1 event

**Scoring**

* All events will be scored – 10 – 8 – 6 – 4 – 2 - 1

**AWARDS**

* The winning team will get to cherish their victory for one evening. The losing team will get 364 days to improve to lead their team to victory in 2018.