

Gilbert Middle School Coed Bengal Relays
April 25, 2024

Field Events:

Each team can have three entries, two will be scored

Long Jump: Girls first then Boys (3 jumps)

High Jump: Boys first then Girls (3 jumps)

Shot Put: Girls first then Boys (3 throws)

Discus: Boys first then Girls (3 throws)

Running Events Order: Girls first then Boys

4 x 800m Relay (1 entry per school)

Shuttle Hurdle Relay (1 entry per school)

100m Dash (2 entries will score - see below)

1600m Medley Relay (1 entry per school)

400m Dash (2 entries per school)

4x 200m Relay (2 entries per school)

1500m Run – Girls (2 entries per school)

1600m Run – Boys (2 entries per school)

100m Hurdles (2 entries per school)

200m Dash (4 entries - 2 score)

Sprint Medley Relay (2 entries per school)

200m Low Hurdles (2 entries per school)

800m Run (2 entries will score - see below)

4 x 100m Relay (2 entries per school)

4 x 400m Relay (1 entry per school)

*** We will run additional 100 and 800s with unlimited entries to allow for more participation. I will need all the coaches to help get kids lined up and ready to race. These additional events will not be scored. Coaches do not need to register these athletes for the extra 100 and 800s and the athletes will not need to get hip numbers.