



2023 Green Track and Field Camp Championship Meet Schedule of Events

Each athlete can do a total of 5 Events (excluding the 4x100 relay) 3 Field Events + 2 running Events or 3 running Events+2 Field Events or 5 Field Events

Night 1 (Thursday, June 15)

6:00pm Warm-up
6:20pm Field Events Begin

AGE GROUP SEQUENCE OF FIELD EVENTS

	1 st Rotation	2 nd Rotation	3 rd Rotation
6 and under	Long Jump	Off	Discus
7 – 8 years	High Jump	Shot Put	OFF
9 – 10 years	Triple Jump	Long Jump	Shot Put
11 – 12 years	Pole Vault	High Jump	Triple Jump
13 – 14 years	Shot Put	Discus	Pole Vault

AT THE CONCLUSION OF ALL FIELD EVENTS

55m hurdles	4 & under	5 - 6	7- 8
100 meter hurdles	9 -10	11 – 12	13 -14
800m run	All Age Groups		

Night 2 (Friday, June 16)

6:00pm Warm-up
6:20pm Running Events Begin

AGE GROUP SEQUENCE OF FIELD EVENTS

	4 TH Rotation	5 TH Rotation	6 TH Rotation
6 and under	High Jump	OFF	Shot Put
7 – 8 years	Long Jump	Discus	Off
9 – 10 years	Pole Vault	High Jump	Discus
11 – 12 years	Discus	Shot Put	Long Jump
13 – 14 years	Triple Jump	Long Jump	High Jump

AT THE CONCLUSION OF ALL FIELD EVENTS

4 x 100 Relay	All Age Groups	Parents Relay			
40 yrd dash	4& under	5 – 6	7 - 8		
100m	9 - 10	11-12	13 - 14		
200m	6 & under	7 – 8	9 – 10	11 – 12	13 - 14
400m	6 & under	7 – 8	9 – 10	11 - 12	13 - 14
1600m run	6 & under	7 – 8	9 – 10	11 – 12	13 - 14