OKALOOSA/WALTON COUNTY MIDDLE SCHOOL
TRACK SCHEDULE 2019

REVISED 2/11/2019

<table>
<thead>
<tr>
<th>DATE</th>
<th>HOME</th>
<th>VISITOR</th>
<th>PLACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 13</td>
<td>Destin Davidson</td>
<td>Meigs, Lewis</td>
<td>Destin MS</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Pryor</td>
<td>S.River, ECMS, Freeport Ruckel,</td>
<td>Crestview HS</td>
</tr>
<tr>
<td>4:30 pm</td>
<td></td>
<td>Bruner, L.Jackson</td>
<td>Choctaw HS</td>
</tr>
<tr>
<td>March 27</td>
<td>Freeport Ruckel</td>
<td>Meigs, S. River, Bruner Davidson,</td>
<td>Freeport HS</td>
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<tr>
<td>Wednesday</td>
<td>ECMS</td>
<td>L. Jackson, Lewis</td>
<td>Niceville HS</td>
</tr>
<tr>
<td>4:30 pm</td>
<td></td>
<td>Pryor, Destin</td>
<td>ECMS</td>
</tr>
<tr>
<td>April 3</td>
<td>Lewis (APR 4)</td>
<td>Ruckel, Freeport, S. River</td>
<td>Niceville HS</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Meigs Bruner</td>
<td>Destin, L. Jackson</td>
<td>Choctaw HS</td>
</tr>
<tr>
<td>4:30 pm</td>
<td></td>
<td>Davidson, ECMS, Pryor</td>
<td>FWBHS</td>
</tr>
<tr>
<td>April 10</td>
<td>Destin Davidson</td>
<td>Freeport, ECMS</td>
<td>Destin MS</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Ruckel</td>
<td>Pryor, L. Jackson, Lewis</td>
<td>Crestview HS</td>
</tr>
<tr>
<td>4:30 pm</td>
<td></td>
<td>S. River, Bruner, Meigs</td>
<td>Niceville HS</td>
</tr>
<tr>
<td>April 17</td>
<td>L. Jackson ECMS</td>
<td>Freeport, Meigs, Bruner Pryor,</td>
<td>FWBHS</td>
</tr>
<tr>
<td>Wednesday</td>
<td>S. River</td>
<td>Ruckel, Lewis</td>
<td>EMCS</td>
</tr>
<tr>
<td>4:30 pm</td>
<td></td>
<td>Davidson, Destin</td>
<td>S. River MS</td>
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</tbody>
</table>

CHAMPIONSHIP MEET WEDNESDAY, APRIL 24 @CHOCTAW HS TRACK, PRYOR HOST
FIELD EVENTS 1:00 PM RUNNING 3:00 PM

ORDER OF EVENTS
1. Shot/Discus/Long Jump
2. 100 Meter Dash
3. Mile Run
4. 4x100 Meter Relay
5. 400 Meter Dash
6. 200 Meter Dash
7. Sprint Medley Relay
8. 800 Meter Run
9. 4x400 Relay

TRI-MEET COMPETITION
Scoring: Individual Events 5-3-2-1
Relays 5-3-0
# Participants: Mile – 8 Runners
Field Events – 3
800 – 5 Runners
100-200-400 – 2 Runners
Relays-1 for scoring
*(may run B team in outside lanes, Will not count for points)

CHAMPIONSHIP MEET
Scoring: Individual Events 10-8-6-4-2-1
Relays 10-8-6-4-2
# Participants: Mile – 3 Runners
Field Events – 2
800 – 3 Run
100-200-400 – 2 Runners
Relay Teams- 1 (For each relay)

QUAD-MEET COMPETITION
Scoring: Individual Events 6-4-3-2-1
Relays 6-4-2
#Participants: Mile-6 runners
Field Events-2
800-4 runners
100-200-400-3 Runners (2 heats)
*(except at ECMS-8 lanes, 2 runners)
Relays-1 for scoring
*(may run B team in outside lanes, will not count for points)