

OKALOOSA COUNTY MIDDLE SCHOOL TRACK SCHEDULE 2021

DATE	HOME	VISITOR	PLACE
March 17 Wednesday 4:30 pm	Destin Ruckel	Meigs, Bruner, S. River L. Jackson, Pryor, Davidson	Destin MS Niceville HS
March 24 Wednesday 4:30 pm	L. Jackson S. River	Davidson, Meigs, Bruner Ruckel, Destin, Pryor	FWBHS S. River MS
March 31 Wednesday 4:30 pm	Meigs Bruner	L. Jackson, S. River, Ruckel Davidson, Destin, Pryor	Choctaw HS FWBHS
April 7 Wednesday 4:30 pm	Pryor Davidson	Destin, Meigs, Liza Jackson Ruckel, Bruner, S. River	Choctaw HS Crestview HS
TUE April 13 1:00 pm WED April 14	*Girls Meet Ruckel-Host *Boys Meet	MSAC Okaloosa County Championship Track Meet	Niceville HS

MSAC Okaloosa County Championship Track Meet at Niceville HS Track
Girls Meet on Tuesday, April 13 / Boys Meet on Wednesday, April 14
Ruckel MS-Host Field Events 1:00 p.m. Running Events 3:00 p.m.

ORDER OF EVENTS

- | | | |
|--------------------------|----------------------|--|
| 1. Shot/Discus/Long Jump | 4. 4x100 Meter Relay | 7. Sprint Medley Relay
(100, 100, 200, 400) |
| 2. 100 Meter Dash | 5. 400 Meter Dash | 8. 800 Meter Run |
| 3. Mile Run | 6. 200 Meter Dash | 9. 4x400 Relay |

DUAL MEET COMPETITION

Scoring: Individual Events 5-3-1
 Relays 5-0
 Participants: Mile – 10 Runners
 Field Events – 3
 800 – 5 Runners
 100-200-400 – 3 Runners

QUAD MEET COMPETITION

Scoring: Individual Events 6-4-3-2-1
 Relays 6-4-2
 Participants: Mile – 8 Runners
 Field Events – 3 (2 Throws, 2 Jumps)
 800 – 5 Runners
 100-200-400 – 3 (2 Heats)

TRI-MEET COMPETITION

Scoring: Individual Events 5-3-2-1
 Relays 5-3-0
 Participants: Mile – 10 Runners
 Field Events – 3
 800 – 5 Runners
 100-200-400 – 2 Runners

COUNTY CONFERENCE MEET

Scoring: Individual Events 10-8-6-4-2-1
 Relays 10-8-6-4-2-1
 Participants: Mile – 3 Runners
 Field Events – 2
 800 – 3 Run
 100-200-400 – 2 Runners

**Use Tuesdays and Thursdays of the same week of meets to reschedule meets due to track use conflicts and inclement weather make ups.