

# MPS Adaptive Athletics Track and Field Meets

## Tentative Event Schedule

- 1) Welcome
- 2) Pledge of Allegiance
- 3) Break out to rotations:

### **1<sup>st</sup> Rotation**

**Junior Division** - Track Events: Females will go first, then males.

**100 Meter Walk report to the- Red Flag**

**100 Meter Run report to the- Red Flag**

**50 Meter Dash report to the- Red Flag**

**All Wheelchair Users report to the- Green Flag**

**Senior Division** - Field Events: Females will go first, then males.

**Softball Throw report to the- Blue Flag**

**Standing Long Jump report to the- Yellow Flag**

**Running Long Jump report to the- Purple Flag**

**Shot Put report to the- Orange Flag**

### **2<sup>nd</sup> Rotation**

**Senior Division** - Track Events: Females will go first, then males.

**50 Meter Dash report to the- Red Flag**

**100 Meter Dash report to the- Red Flag**

**100 Meter Walk report to the- Red Flag**

**Junior Division** - Field Events: Females will go first, then males.

**Softball Throw report to the- Blue Flag**

**Standing Long Jump report to the- Yellow Flag**

**Running Long Jump report to the- Purple Flag**

**Shot Put report to the- Orange Flag**

**All Wheelchair Users report to their field events.**

### **3<sup>rd</sup> Rotation**

**Relay Races (if time permits) report to the- Red Flag**