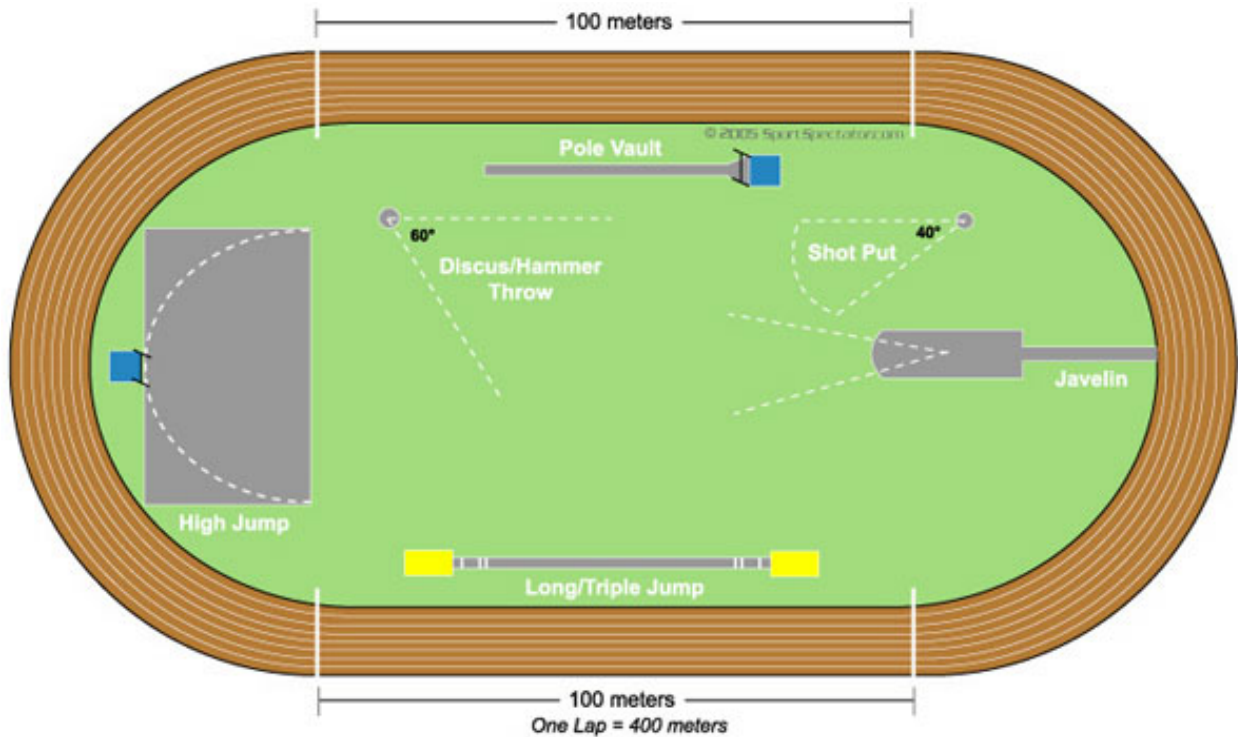


SVDP TRACK & FIELD



Running Options:

- 100 meter dash: Short Sprint
- 100 meter hurdles: Sprinting over a barrier
- 200 meter dash: 1/2 track. Sprint.
- 400 meter dash: 1 lap around the track. Sprint/distance. (1/4 mile)
- 800 meter run: 2 laps around the track. Distance race. (1/2 mile)
- 1600 meter run: 4 laps around the track. Distance race. (1 mile)

Field Event Options:

- Shot Put
- Long Jump
- High Jump

Relays:

- 4 X 100
- 4 X 200
- 4X400
- Medley
 - Girls = 1X1X2X4 Boys = 2X2X4X8