



## **2024 STM Shape of the Day**

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| 7:45-8:30   | Track Officials and Concession Setting Up  |
| 8:30-9:00   | Teams Arrive and check in – Volunteers arrive and check in.  |
| 8:45-9:15   | Zumba Warm-up  |
| 9:15-10:15  | Races: 80M, 100M, 150M <i>Athletes run in their grade/gender category. Please listen to the announcements for the call to the marshalling area.</i>  |
| 10:15-12:15 | Field Events ( <i>school teams will be assigned a group for rotations</i> ): Soccer, Long Jump, Obstacle Course, Softball Throw, Frisbee Toss, Hitting off the Tee (these three events have cones for the kids to try and hit, hula hoops for them to try and land in and their best distance), Pin Trading Station and a Break for a chance to visit the concession. Supporting the concession supports the meet financially. |
| 12:15-12:45 | Lunch/Dance  |
| 12:45-1:00  | 4X60M Relay  |

Meet is over and teams make their way home. Medallions need to be handed out at the END of the meet or some schools hand them out at the year-end assembly. Also, there are coupons from McDonald's and some teams celebrate by stopping for a treat on the way back to school.