



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, 150M, 350M |
| 10:30-12:15 | Field Events: Long Jump, Obstacle Course (one turn on the inflatable bouncy castle), 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 stop at the concession, where money made goes back into the meets. |
| 12:15-12:45 | Lunch |
| 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 for free ice-cream cones.