

Twin State League Track & Field Championships

April 24, 2023

@ Warren High School

Field Events

Girls – Shot Put, High Jump, Pole Vault

Boys – Discus, Long Jump

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Boys – Shot Put, High Jump, Pole Vault

Running Events

4 x 800 Meter Relay (Girls)

4 x 800 Meter Relay (Boys)

100m Hurdles (Girls) – 33"

110m High Hurdles (Boys) – 39"

100m Dash (Girls)

100m Dash (Boys)

4 x 200 Meter Relay (Girls)

4 x 200 Meter Relay (Boys)

1600 Meter Run (Girls)

1600 Meter Run (Boys)

4 x 100 Meter Relay (Girls)

4 x 100 Meter Relay (Boys)

400 Meter Dash (Girls)

400 Meter Dash (Boys)

300 Meter Low Hurdles (Girls) – 30"

300 Meter Intermediate Hurdles (Boys) – 36"

800 Meter Run (Girls)

800 Meter Run (Boys)

200 Meter Dash (Girls)

200 Meter Dash (Boys)

3200 Meter Run (Girls)

3200 Meter Run (Boys)

4 x 400 Meter Relay (Girls)

4 x 400 Meter Relay (Boys)

Number of Entries:

- Individual Running Events – 2
- Relay Events – 1
- Field Events – 3

Scoring (4 teams):

- Individual Events: 6-4-3-2-1
- Relay Events: 6-4-2