

## **After-School All-Stars Track & Field - Meet Schedule 2024**

Track meets are meant to provide a fun introduction to the track environment. Emphasis should remain on participation, skill-building, and sportsmanship over competition. The After-School All-Stars program is a recreational sports opportunity open to all kids, regardless of skill level or ability – Individual development, increasing knowledge of the sport, and fun come first.

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### **Elementary District Meets**

*All schools compete, times & measurements will be recorded by coaches for individual development purposes*

**Hamlin Middle School - 326 Centennial Blvd.**  
Thursday, May 09, 6:15-7:45 p.m.

**Hamlin Middle School - 326 Centennial Blvd.**  
Thursday, May 16, 6:15-7:45 p.m.

**Hamlin Middle School - 326 Centennial Blvd.**  
Thursday, May 30, 6:15-7:45 p.m.

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### **Field Events:**

Softball Toss (Shot Put)  
TurboJav (Javelin)  
Standing Long Jump

### **Track Events:**

50m Sprint  
50m Hurdles  
400m Distance Run