**K-4 Meet: April 1, 2025**

**Arcata High School**

4:30 50 meter dash K-2 boys

4:40 50 meter dash K-2 girls

4:50 50 meter dash 3-4 boys

5:00 50 meter dash 3-4 girls

5:15 400 meters K-2 boys

5:20 400 meters K-2 girls

5:25 400 meters 3-4 boys

5:30 400 meters 3-4 girls

5:40 4 X 100 Relay K-2 boys

5:50 4 X 100 Relay K-2 girls

6:00 4 X 100 Relay 3-4 boys

6:10 4 X 100 Relay 3-4 girls

6:20 800 Meters K-2 boys/girls

6:30 Mile 3-4 boys/girls

6:45 100 meter dash K-2 boys

6:55 100 meter dash K-2 girls

7:05 100 meter dash 3-4 boys

7:15 100 meter dash 3-4 girls

7:25 4 X 400 Relay All If time

4:30-end of meet Long Jump All Grades boys or girls

4:30-end of meet Baseball Throw All Grades girls or boys

There will be place ribbons (1st-7th) in all running events. The long jump and baseball throw ribbons will not have finishing places on them, but each athlete will receive a ribbon that will have the length of the jump or distance of the throw written on it. The baseball throw and long jump will be open throughout the meet. Athletes may request to throw or jump at any time during the meet. Each athlete will get two jumps or three throws and be given a ribbon on the spot with the best mark written on the back.