

<b>Instructions for Use:</b>				
<b>1.</b>	Go to the SETUP worksheet and enter your track meet name and date			
<b>2.</b>	Also on the SETUP page, enter the scoring system to be used for the track meet.			
<b>3.</b>	As events are completed and score cards come in, enter the results in the corresponding areas on the BOYS or GIRLS worksheets.			
	- NOTE: In order for the team scoring and outstanding individuals to work, you must use a consistent set of names for the <b>team</b> and for <b>individuals names</b> (for example, Central High School could be entered as CHS under the 'School' column, and a contestant J. Doe must be typed as J. Doe in each event he/she participates in)			
	<b>** Limitation - Currently, relay events are not tabulated in the outstanding individual tally!</b>			
<b>4.</b>	To determine team and outstanding individual scoring, go to the BOYS-TEAM or GIRLS-TEAM workbooks. The point leaders for teams and individuals should be automatically tabulated and updated (assuming macros are enabled).			
<b>5.</b>	Results are set to print out on 2 pages for boys and 2 pages for girls. Team results should fit on a single page.			

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**Track Meet Setup**

<b>Track Meet Name</b>	[Track Meet Name]	<-- Type here in the yellow boxes		
<b>Meet Date</b>	[Date]			
<b>Scoring/Points (Individual Events)</b>		<b>No. of Teams Competing</b>	<b>Po</b>	
1st	10	2 Teams	5-3-	
2nd	8	3 Teams	5-3-	
3rd	6	4 Teams	6-4-	
4th	4	5 Teams	8-6-	
5th	2	6 Teams	10-8	
6th	1	7 Teams or more	10-8	
<b>Scoring/Points (Relay Events)</b>				
1st	10			
2nd	8			
3rd	6			
4th	4			
5th	2			
6th	1			

**Points for  
Individual Scoring**

1  
2-1  
3-2-1  
4-2-1  
-6-4-2-1  
-6-4-2-1

**Points for  
Relay Scoring**

5  
5-3  
6-4-2  
8-6-4-2  
10-8-6-4-2  
10-8-6-4-2-1

**@ Healdsburg vs. Sonoma vs. El Molino 4/19/2017**

**Varisty BOYS**

Event	Place	School	Contestant(s)	Time/Dist.	Points	Event Type
Shot Put	1st	EM	Avery Ransome	39-11	5	Field
	2nd	EM	Austin K	38-1 1/2	3	Field
	3rd	HB	Chris Sanchez	36-5	2	Field
	4th	EM	Carmelo Salas	36-3	1	Field
Discus	1st	EM	Avery Ransome	128-4	5	Field
	2nd	HBG	Mathias Vasquez	120-8	3	Field
	3rd	EM	Carmelo Salas	117-9	2	Field
	4th	EM	Jalen Hall	112-10	1	Field
Long Jump	1st	EM	Jack Fricker	20-0	5	Field
	2nd	SON	Nico Sloop	18-5	3	Field
	3rd	SON	Josef Marenc	17-7	2	Field
	4th	EM	Andy Junge	17-2	1	Field
Triple Jump	1st	EM	Jack Fricker	40-8 1/2	5	Field
	2nd	SON	Nico Sloop	39-11 1/2	3	Field
	3rd	SON	Sam Zyskowski	37-4	2	Field
	4th	EM	Andy Junge	35-0 1/2	1	Field
High Jump	1st	SON	Nico Sloop	5-4	5	Field
	2nd	EM	Landon Benas	5-3	3	Field
	3rd	SON	Greg Kenton	5-2	2	Field
Pole Vault	1st	EM	Andrew Liput	10-0	5	Field
	2nd	EM	Chase Nichols	8-0	3	Field

4x100 Relay	1st		Sonoma			5	Relay
	2nd		Healdsburg			3	Relay
1600 M Run	1st	EM	Brian Schulz		4:24:43	5	Track
	2nd	HBG	Dante Godinez		4:27:03	3	Track
	3rd	SON	Justin Cox		4:41:33	2	Track
	4th	HBG	Eli Kroger		4:45:00	1	Track
110 M Hurdles	1st	SON	Noah Bartolome		15.51	5	Track
	2nd	EM	Jack Fricker		15.96	3	Track
	3rd	HBG	Diego Garcia		17.16	2	Track
	4th	EM	Clay Serrano		17.51	1	Track
400 M Run	1st	HBG	Diego Garcia			5	Track
	2nd	HBG	Jonny Ramirez			3	Track
	3rd	SON	Noah Bartolome			2	Track
	4th	EM	Sire Clark			1	Track
100 M Dash	1st	SON	Kahlil Vallas Martins		11.37	5	Track
	2nd	EM	Avery Ransome		11.38	3	Track
	3rd	HBG	Jack Kooba		11.39	2	Track
	4th	EM	Adler Hansen		11.73	1	Track
	1st	EM	Brian Schulz		2:05:07	5	Track

800 M Run	2nd	SON	Justin Cox	2:07:09	3	Track
	3rd	HBG	Andrew Magdaleno	2:10:09	2	Track
	4th	HBG	Mason Indrebo	2:15:22	1	Track
300 M Hurdles	1st	EM	Jack Fricker	43.39	5	Track
	2nd	HBG	Diego Garcia	43.53	3	Track
	3rd	EM	Clay Serrano	44.05	2	Track
	4th	SON	Noah Bartolome	44.53	1	Track
200 M Run	1st	EM	Sire Clark	24.41	5	Track
	2nd	HBG	Jack Kooba	24.44	3	Track
	3rd	SON	James Reed	24.85	2	Track
	4th	HBG	Jonny Ramirez	24.89	1	Track
3200 M Run	1st	EM	Brian Schulz	9:46:23	5	Track
	2nd	HBG	Dante Godinez	10:01:21	3	Track
	3rd	HBG	Andrew Magdaleno	10:41:59	2	Track
	4th	EM	Jack Chanvin	10:53:30	1	Track
1600 M Relay	1st		Healdsburg		5	Relay
	2nd		Sonoma		3	Relay
Points	1st		El Molino	77		Results
	2nd		Healdsburg	44		Results
	3rd		Sonoma	43		Results

<b>[Track Meet Name] - [Date]</b>						
<b>BOYS</b>						
<b>TEAM RESULTS</b>			<b>OUTSTANDING INDIVIDUALS</b>			
<b>Sum of Points</b>			<b>Sum of Points</b>			
<b>School</b>	<b>Total</b>		<b>Event Ty</b>	<b>Contestant(s)</b>	<b>School</b>	<b>Total</b>



Scores show
changes at
You can ma
clicking on

**@Healdsburg vs. Sonoma Vs. El Molino April 19th, 2017**

**Varsity GIRLS**

Event	Place	School	Contestant(s)	Time/Dist.	Points	Event Type
Shot Put	1st	SON	Julia Hart	26.5 1/2	5	Field
	2nd	EM	Lily Krauss	25-11 1/2	3	Field
	3rd	EM	Sara Flores	25-4	2	Field
	4th	SON	Areli Alvarez	24-9	1	Field
	5th					
	6th					
Discus	1st	EM	Lily Krauss	87-11	5	Field
	2nd	EM	Ava Peterson	86-2	3	Field
	3rd	EM	Sara Flores	86-1	2	Field
	4th	SON	Julia Hart	83-11	1	Field
	5th					
	6th					
Long Jump	1st	EM	Alicia Montonyo	15-3 1/2	5	Field
	2nd	SON	Nicole Curren	14-7	3	Field
	3rd	SON	Tessa Baxter	14-6	2	Field
	4th	EM	Hailey Stuisal	14-4	1	Field
Triple Jump	1st	EM	Alicia Montonyo	31-3	5	Field
	2nd	SON	Tessa Baxter	30-4	3	Field
	3rd	EM	Kailey Espinosa	30-2	2	Field
	4th	EM	Sakura Keller	28-0	1	Field
High	1st	SON	Emma Maggioncalda	5-0	5	Field
	2nd	SON	Kasia Jacobsen	4-10	3	Field
	3rd	EM	Kristine Daniles	4-8	2	Field

Jump	4th	EM	Tiger Berna	4-2	1	Field
Pole Vault	1st	EM	Sydney Casey	7-0	5	Field
	2nd	EM	Alicia Montonyo	6-0	3	Field
4x100 M Relay	1st		Sonoma		5	Relay
	2nd		El Molino		3	Relay
1600 M Run	1st	HBG	Gabrielle Peterson		5	Track
	2nd	SON	Amy Stanfield		3	Track
	3rd	SON			2	Track
	4th	HBG	Natalie Bozeman		1	Track
						Track
						Track
	1st	EM	Aubrianna Tate	16.06	5	Track
	2nd	SON	Hannah Ford-Monroe	16.5	3	Track

100 M Hurdles	3rd	SON	Annika Ginter	19.79	2	Track
	4th	HBG	Lilia Lopez	20.41	1	Track
400 M Run	1st	SON	Amy Stanfield	1:02.31	5	Track
	2nd	EM	Ava Peterson	1:03:41	3	Track
	3rd	HBG	Natasha Marsden	1:03.94	2	Track
	4th	HBG	Gabrielle Peterson	1:04:55	1	Track
100 M Dash	1st	HBG	Natasha Marsden	13.08	5	Track
	2nd	SON	Gigi Girish	13.28	3	Track
	3rd	SON	Emma Maggioncalda	13.29	2	Track
	4th	HBG	Brenda Quezada	13.9	1	Track
800 M Run	1st	HBG	Gabrielle Peterson	2:20.81	5	Track
	2nd	SON	Amy Stanfield	2:38:03	3	Track
	3rd	EM	Ava Peterson	2:43:50	2	Track
	4th	HBG	Natalie Bozeman	2:50:32	1	Track
300 M Hurdles	1st	EM	Aubrianna Tate	48.53	5	Track
	2nd	SON	Grace Cutting	51.32	3	Track
	3rd	SON	Hannah Ford-Monroe	52.78	2	Track
	4th	SON	Annika Ginter	58	1	Track
	1st	HBG	Natasha Marsden	27.31	5	Track

200 M Dash	2nd	SON	Gigi Girish	28.00	3	Track
	3rd	SON	Emma Maggioncalda	28.23	2	Track
	4th	SON	Trinity McGuinness	29.13	1	Track
3200 M Run	1st	HBG	Gabrielle Peterson	12:30.50	5	Track
	2nd	SON	Aliya Blinman	13:04.21	3	Track
	3rd	HBG	Natalie Bozeman	13:05.10	2	Track
	4th	SON	Maddie Cashel	13:25.10	1	Track
1600 M Relay	1st		El Molino		5	Relay
	2nd		Sonoma		3	Relay
Points	1st		Sonoma	70		Results
	2nd		El Molino	58		Results
	3rd		Healdsburg	34		Results

<b>[Track Meet Name] - [Date]</b>								
<b>GIRLS</b>								
<b>TEAM RESULTS</b>			<b>OUTSTANDING INDIVIDUALS</b>					Scores sho
<b>Sum of Points</b>			<b>Sum of Points</b>				changes a	
<b>School</b>	<b>Total</b>		<b>Event Typ</b>	<b>Contestant</b>	<b>School</b>	<b>Total</b>		
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							clicking on	