

DISTRICT 4-4A TRACK MEET

FRIDAY, APRIL 17, 2015

SCRATCH MEETING: 11:30

FIELD EVENTS		
TIME	EVENT	DIVISION
1:00	Shot Put	JVB
	Discus	VG
	Triple Jump	JVG
	Long Jump	VB
	High Jump	VG
	Pole Vault	JVB
2:30	Shot Put	JVG
	Discus	VB
	Triple Jump	JVB
	Long Jump	VG
	High Jump	VB
	Pole Vault	JVG

FIELD EVENT VENUE: PRACTICE FIELD

ALL FIELD EVENTS WILL BE HELD UP ON THE PRACTICE FIELD SOUTH OF THE STADIUM.

TRIPLE JUMP	SOUTH PIT
LONG JUMP	NORTH PIT
HIGH JUMP	EAST PIT
POLE VAULT	EAST PIT
DISCUS	NORTH PIT
SHOT PUT	EAST PIT

LUNCH BREAK: 4:00 - 5:00

RUNNING FINALS		
TIMES	EVENT	DIVISION
5:00	4 X 100 M RELAY	JVG, VG JVB, VB
5:20	800 M RUN	JVG, VG JVB, VB
5:40	100 M HURDLES	JVG VG
5:50	110 M HURDLES	JVB VB
6:05	100 M DASH	JVG, VG JVB, VB
6:25	4 X 200 M RELAY	JVG, VG JVB, VB
6:45	400 M DASH	JVG, VG JVB, VB
7:10	300 M HURDLES	JVG, VG JVB, VB
7:35	200 M DASH	JVG, VG JVB, VB
7:50	1600 M RUN	JVG, VG JVB, VB
8:30	4 X 400 M RELAY	JVG, VG JVB, VB