

# 1A Area Track Meet

(Districts 3-4)

April 13<sup>th</sup>, 2017

- 8:00-** Weigh In- Shot and discus (Weight Room)  
Coach/Scratch Meeting(Scratch Only) *Discuss opening heights*
- 8:30 AM-** 3200 m Run- VG, VB(Scratch only at the starting line)

## Running Preliminaries- Start at 9:30 AM

TBD

(Events will be run in this order: VG, VB)

## Field Events

	<u>Pole Vault</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>High Jump</u>	<u>Discus</u>	<u>Shot</u>
<b>12:00</b>	<b>VG</b>		<b>VB</b>	<b>VG</b>	<b>VB</b>	<b>VG</b>
<b>1:00</b>	<b>VB</b>	<b>VG</b>		<b>VB</b>		
<b>2:00</b>		<b>VB</b>	<b>VG</b>		<b>VG</b>	<b>VB</b>

## Running Finals (Start at 4:00 or 1 hour after field events are completed)

- 4:00 400 M Relay
- 4:15 800 M Run
- 4:30 100 M Hurdles (33)
- 4:40 110 M Hurdles (39)
- 4:50 100 M Dash
- 5:05 800 M Relay
- 5:20 400 M Dash
- 5:30 300 M Hurdles (30 VG) (36 VB)
- 5:50 200 M Dash
- 6:00 1600 M Run
- 6:30 1600 M Relay

(\*\*\*Running Times and Field Event times could change depending on prelims)

**Field Events:** First school on the list will need to bring tape measures for their event.

Crossbars and rakes will need to be provided by both schools running off the event. Channing and Nazareth will be in charge of bringing scales and weighing in shot and discus the day of the meet.

**Discus-** Nazareth, Adrian

**Shot-** Channing, Hart

**Long Jump-** Kress, Happy

**High Jump-** Hartley, Lazbuddie

**Triple Jump-** Springlake-Earth, Texline

**Pole Vault-** Silverton, Happy

**Relay Exchanges/ Curve Judges-** School listed first will work front of exchange-those listed second will work end of exchange zone. You will also need to work the curve nearest your zone for curve races and the 300 M hurdles.

**1<sup>st</sup> Exchange-** Adrian, Hart

**2<sup>nd</sup> Exchange-** Kress, Channing

**3<sup>rd</sup> Exchange-** Happy, Lazbuddie

**Pole Break-** For 800M run and 1600 M Relay- Hartley, Springlake-Earth

**Hurdle Setters:**

**100/110's-** All Schools

**300's-** 1/2 Flights- Texline, Nazareth

3/4 Flights- Silverton, Adrian

5/6 Flights- Channing, Springlake-Earth

7/8 Flights- Hart, Happy

**Pickers**

**Timers**

1 Hartley

Kress

2 Lazbuddie

Texline

3 Adrian

Nazareth

4 Silverton

Channing

5 Happy

Springlake-Earth

6 Hart

Hartley

7 Texline

Silverton

8 Springlake-Earth

Happy

**Start Clerk-** Happy

**Finish Clerk-** Happy

**Starter-** Randy Ivy

**Backup-** Diane Ivy

**Meet Referee-** Paul Chandler

**Press box-** Happy

**PA-** Rick Bloodworth

**Pressbox-** 1) Kelcee Keith 2) Stacey Moore 3) Shannon Bressler