

2018 Groom High School District Track Meet

Thursday April 5th, 2018

The bus will leave between 7:30 and 7:45

8:30 AM- Coaches Meeting (Draw for lanes for Relays) (Scratch Only)

9:00 AM- 3200 m Run- VG, VB

Running Preliminaries- Start at 9:30 AM (Top 8 move on to finals)

Prelims will be ran if more than eight participants are entered in event

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

9:30

Field Events: ****Time will depend on how many prelims are required

Three attempts and top eight move to finals and have three more attempts

<u>Time</u>	<u>Pole Vault</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>High Jump</u>	<u>Discus</u>	<u>Shot</u>
11:00	VG		VB	VG	VB	VG
12:00	VB	VG		VB		
1:00		VB	VG		VG	VB

Running Finals (1 hour after field events are completed) Time to be determined

*We will run on time schedule like area and regional meets showing 3:00 as an example

3:00	400 M Relay	Gold exchange zone
3:15	800 M Run	
3:40	100 M Hurdles (33)	
3:50	110 M Hurdles (39)	
4:00	100 M Dash	
4:15	800 M Relay	1 st and 2 nd Exchange zone Red, 3 rd exchange Gold
4:30	400 M Dash	
4:45	300 M Hurdles (30 VG) (36 VB)	
5:00	200 M Dash	
5:15	1600 M Run	
5:40	1600 M Relay	