

Area Track Meet 1A Districts 1 and 2

Monday April 16th @ White Deer

(Updated 4-9-18)

Meet Directors: Tory Peet (District 1) and Rex Beck (District 2)

Appeals Committee- One Representative from each school

**9:00 am** Implement Weigh In (Shamrock/ Hedley/Lefors) – Complex Team Room

**9:15 am** Coaches Meeting – Complex Team Room

**9:30 am** 3200 m Run

**Field Events:** -----

**10:00 am** Boys: Pole Vault/Long Jump  
Girls: High Jump/Shot Put

**11:00 am** Boys: Discus/High Jump  
Girls: Pole Vault\*\*/Triple Jump

**12:00 pm** Boys: Shot Put/Triple Jump  
Girls: Long Jump/Discus

**\*\* Girls Pole Vault will start immediately after completion of the Boys Vault**

**Running Finals – Running Order VG, VB:** -----

**2:00 pm** 400 m Relay (Gold Exchange Zone)

**2:15 pm** 800 m Run

**2:30 pm** 100 m Hurdles (33")

**2:35 pm** 110 Hurdles (39")

**2:45 pm** 100 m Dash

**3:00 pm** 800 m Relay (1<sup>st</sup>& 2<sup>nd</sup> Exchange Red, 3<sup>rd</sup> exchange Gold)

**3:15 pm** 400 m Dash

**3:30 pm** 300 m Hurdles (Girls 30", Boys 36")

**3:45 pm** 200 Meter Dash

**4:05 pm** 1600 m Run

**4:20 pm** 1600 m Relay

Starter: Jody Wood Backup: Steve Land

Timing: Lynx FAT System White Deer

(No Camps on Football Field)