

District 1-4A High School Track & Field Meet

April 13, 2018

Pampa, Texas

8:00-8:30 Scratch Meeting- Field House
Shot-Discus Weigh-in (Turf Room-Field House)
8:30-8:40 Coaches and Workers meeting-Field House

Entries Due: Wednesday at 10 PM

Running Order- JV Girls, Varsity Girls, JV boys, Varsity Boys

9:00 3200m Run (Finals)

JV 4 Attempts (L.J., T. J. and Throws)

Varsity 8 to Finals (L. J., T. J. and Throws)

10:00 **Field Events**
Shot Put-V. Boys -- JV Boys Pole Vault-- JV Boys (8'6)-V. Boys (9'6)
Discus-V. Girls -- JV Girls High Jump- V. Girls (4'4)--JV Girls (4'2)
Long Jump-Var. Boys -- JV Boys Triple Jump- JV Girls -- V. Girls

Running Prelims

12:00 100m Hurdles
12:10 110 m Hurdles
12:20 100 m Dash
12:40 400 m Dash
12:55 300 m Hurdles
1:10 200 m Dash

1:15-2:30 **Lunch Break** (Turf Room-Field House)

Field Events

2:30 Shot Put-V. Girls -- JV Girls Pole Vault-V. Girls (6'0) -- JV Girls (6'0)
Discus- V. Boys -- JV Boys High Jump- JV Boys (5'0) -- V. Boys (5'4)
Long Jump- JV Girls--V. Girls Triple Jump- V. Boys--- J.V. Boys

Running Finals

4:30 400 m Relay
4:50 800m Run
5:10 100 m Hurdles
5:20 110 m Hurdles
5:30 100 m Dash
5:50 800 m Relay
6:10 400 m Dash
6:30 300 m Hurdles
6:50 200 m Dash
7:10 1600 m Run
7:30 1600 m Relay