

District 4-4A High School Track & Field Meet

April 10-11, 2019

Borger Stadium

Wednesday April 10th

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

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)

9:00 **Field Events**
Shot Put-V. Boys -- JV Boys Pole Vault-V. Boys 9' -- JV Boys 8'
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

11:00 **Field Events**
Shot Put-V. Girls -- JV Girls Pole Vault-V. Girls 6'6 -- JV Girls 6'0
Discus- V. Boys -- JV Boys High Jump- V. Boys 5'4—JV Boys 5'0
Long Jump- V. Girls --JV Girls Triple Jump- JV Boys -- V. Boys

12:30-2:00 **Lunch Break** (Field House)

Running Prelims
2:00 100m Hurdles
2:10 110 m Hurdles
2:20 100 m Dash
2:40 400 m Dash
2:55 300 m Hurdles
3:10 200 m Dash

Thursday April 11th

4:00 Track Opens

Running Finals
5:00 400 m Relay
5:20 800m Run
5:40 100 m Hurdles
5:50 110 m Hurdles
6:00 100 m Dash
6:10 800 m Relay
6:30 400 m Dash
6:50 300 m Hurdles
7:10 200 m Dash
7:30 1600 m Run
7:50 1600 m Relay