

**District 19 & 20 3-AAA  
Area Track Meet  
April 16<sup>th</sup>, 2019**

There will be individual awards given for the first 4 places and plaques for the winning relays. Each field event will get three jumps/throws and then they will be reseeded for final three jumps/throws. Starting height for high jump and pole vault will be lowest qualifying district jump. Lanes are assigned fastest qualifying to slowest qualifying, 4,5,3,6,2,7,1,8. All shots and discuses will be pooled. (We can Weigh if all schools would like.) Running events will be girls and then boys. All running events will be finals.

**Schedule of Events**

**9:00 – 9:30 a.m.** – Scratch Meeting

**9:45 a.m.** – Coaches meeting, Shot and Discus check-in, & certify Pole Vault

|                | <b>Varsity Girls</b>     | <b>Varsity Boys</b>  |
|----------------|--------------------------|----------------------|
| <b>10:15 -</b> | Long Jump / Shot Put     | Pole Vault / Discus  |
| <b>11:15 -</b> | Discus                   | Long Jump / Shot Put |
| <b>12:15 -</b> | Triple Jump / Pole Vault | High Jump            |
| <b>1:15 -</b>  | High Jump                | Triple Jump          |

**10:45 a.m.** – 3200 Meter Run – Girls followed by Boys

**1:30 – 2:45 Lunch** (A catered Lunch will be served for all coaches and adult workers)

**Running Finals will begin at 3:30**

**3:30** – 4 x 100 Meter Relay

**3:45** – 800 Meter Run

**4:00** – 100 / 110 Meter Hurdles

**4:15** – 100 Meter Dash

**4:30** – 4 x 200 Meter Relay

**4:45** – 400 Meter Dash

**5:00** – 300 Meter Hurdles

**5:15** – 200 Meter Dash

**5:30** – 1600 Meter Run

**5:45** – 4 x 400 Meter Relay