

AREA TRACK MEET  
APRIL 15<sup>TH</sup> @POST HIGH SCHOOL

9:00 WEIGH IN SHOT/DISCUS @TURF ROOM ACROSS STREET FROM TRACK

9:15 COACHES MEETING @ TURF ROOM

9:45 3200 M RUN

RUNNING ORDER 1A GIRLS /2A GIRLS /1A BOYS/2A BOYS

10:00 BOYS TRIPLE 1A FOLLOWED BY 2A  
BOYS DISCUS 1A FOLLOWED BY 2A  
GIRLS POLE VAULT 1A FOLLOWED BY 2A  
GIRLS HIGH JUMP 1A FOLLOWED BY 2A

12:00 BOYS HIGH JUMP 1A FOLLOWED BY 2A  
BOYS POLE VAULT 1A FOLLOWED BY 2A  
GIRLS SHOT PUT 1A FOLLOWED BY 2A  
GIRLS LONG JUMP 1A FOLLOWED BY 2A

2:00 BOYS SHOT PUT 1A FOLLOWED BY 2A  
BOYS LONG JUMP 1A FOLLOWED BY 2A  
GIRLS DISCUS 1A FOLLOWED BY 2A  
GIRLS TRIPLE JUMP 1A FOLLOWED BY 2A

MEAL WILL BE SERVED AT CAFETERIA AT 4

Final Running Events (National Anthem 5:25)

5:30 p.m. 400 Meter Relay Girls

5:35 p.m. 400 Meter Relay Boys

5:45 p.m. 800 Meter Run – Finals Girls

5:50p.m. 800 Meter Run – Finals Boys

6:05 p.m. 100 Meter Hurdles Girls (33 INCH)

6:15 p.m. 110 Meter High Hurdles Boys (39 INCH)

6:25 p.m. 100 Meter Dash Girls

6:35 p.m. 100 Meter Dash Boys

6:45 p.m. 800 Meter Relay Girls

6:55 p.m. 800 Meter Relay Boys

7:05 p.m. 400 Meter Dash Girls

7:15 p.m. 400 Meter Dash Boys

7:25 p.m. 300 Meter Intermediate Hurdles Girls (30 INCH)

7:35 p.m. 300 Meter Intermediate Hurdles Boys (36 INCH)

7:45 p.m. 200 Meter Dash Girls

7:55 p.m. 200 Meter Dash Boys

8:05 p.m. 1600 Meter Run Girls

8:15p.m. 1600 Meter Run Boys

8:25p.m. 1600 Meter Relay Girls

8:35 p.m. 1600 Meter Relay Boys