

AREA TRACK MEET
APRIL 15, 2019 @ Panhandle High School

8:45 A.M.	Weigh In - Shot & Discus - Equipment Barn - North of the Football Field
9:15	Coaches Meeting - Equipment Barn - North of the Football Field
9:45	3200 M Run
10:00	Boys Pole Vault 8' Boys Discus Girls Shot Put Girls High Jump 4'
11:15	Boys High Jump 5'6 Boys Triple Jump Girls Pole Vault 6' Girls Long Jump
12:30 PM	Boys Shot Put Boys Long Jump Girls Discus Girls Triple Jump
2:30 PM	Running Finals Begins

2:30 PM - Running Finals - Running Order - VG, VB

2:30	400 Meter Relay	Girls
2:40	400 Meter Relay	Boys
2:50	800 Meter Run - Finals (1/2 Stagger)	Girls
3:00	800 Meter Run - Finals (1/2 Stagger)	Boys
3:10	100 Meter Hurdles (33 Inch)	Girls
3:20	110 Meter High Hurdles (39)	Boys
3:30	100 Meter Dash	Girls
3:40	100 Meter Dash	Boys
3:50	800 Meter Relay	Girls
4:00	800 Meter Relay	Boys
4:10	400 Meter Dash	Girls
4:20	400 Meter Dash	Boys
4:30	300 Meter Intermediate Hurdles (30)	Girls
4:40	300 Meter Intermediate Hurdles (36)	Boys
4:50	200 Meter Dash	Girls
5:00	200 Meter Dash	Boys
5:10	1600 Meter Run	Girls
5:20	1600 Meter Run	Boys
5:30	1600 Meter Relay	Girls
5:40	1600 Meter Relay	Boys