

## AREA TRACK MEET

April 18, 2014 @ Panhandle High School

9:00am      **Weigh In – Shot & Discus** – Weight Room in New Gym

9:15          **Coaches Meeting** – Weight Room

9:30          3200 m Run                                      1AG, 2AAG, 1 AB, 2AAB

FIELD EVENTS -              1AG                      2AG                      1AB                      2AB

10:00	Triple Jump Shot put	High Jump Discus	Long Jump	Pole Vault
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11:15	High Jump	Triple Jump	Pole Vault Shot Put	Long Jump Discus
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12:30	Long Jump Discus	Pole Vault Shot Put	Triple Jump	High Jump
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1:45	Pole Vault	Long Jump	High Jump Discus	Triple Jump Shot Put
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3:00 – 4:00      Break

**Running Finals** – running order – 1AG / 2AG / 1AB / 2AB

4:15	400 m Relay
4:30	800 m Run
4:45	100 m Low Hurdles
4:55	110 m High Hurdles
5:05	100 m Dash
5:20	800 m Relay
5:35	400 m Dash
5:50	300 m Hurdles
6:05	200 m Dash
6:25	1600 m Run
6:40	1600 m Relay