

# District 4-6A Track Meet

April 12-13, 2016-UTA

## Tuesday April 12

8:30 Scratch meeting: scratch only

Throwing implement certification-Lamar

10:00 Field Events: 3 Attempts, then top 8 to finals

### Event Official

**Shot Put:** JVG, JVB

Bowie

**Discus:** VB, VG

Sam Houston

**Long Jump:** VB, VG

North Crowley

**Triple Jump:** JVG, JVB

Martin

**High Jump:** VG, JVG

Paschal

**Pole Vault:** JVG, VB

Arlington

Opening Heights: **PV** JVG (6'6") VG (7'6") JVB (9') VB (10')

**HJ** JVG (4') VG (4'4") JVB (5'0") VB (5'6")

## Tuesday (con't)

11:00 3200m Run Finals (JVG, VG, JVB, VB)

Running Preliminaries (JVG, VG, JVB, VB):

3:00 100m HH/110 HH Weatherford

3:30 100m Dash

4:00 400m Dash

4:30 300m IH Weatherford

5:00 200m Dash

All schools will provide 1 backup timer and 1 picker

## Wednesday April 13

11:30 Field Events: 3 Attempts, then top 8 finals

### Event Official

**Shotput:** VB, VG Bowie

**Discus:** JVG, JVB Sam Houston

**Long Jump:** JVB, JVG North Crowley

**Triple Jump:** VG, VB Martin

**High Jump:** VB, JVB Paschal

**Pole Vault:** VG, JVB Arlington

Opening Heights: **PV** JVG (6'6") VG (7'6") JVB (9') VB (10')

**HJ** JVG (4') VG (4'4") JVB (5'0") VB (5'6")

## Running Finals (Wednesday, April 13)

(JVG, VG, JVB, VB):

<b>6:00</b>	4x100 Relay	
<b>6:20</b>	800m Run	
<b>6:40</b>	100m HH/110m HH	Weatherford
<b>7:00</b>	100m Dash	
<b>7:20</b>	4x200 Relay	
<b>7:40</b>	400m Dash	
<b>8:00</b>	300m Hurdles	Weatherford
<b>8:20</b>	200m Dash	
<b>8:40</b>	1600m Run	
<b>9:00</b>	4x400 Relay	

All Schools will provide 1 backup timer and 1 picker