

R & L FUSION Elem/JH TRACK MEET ORDER OF EVENTS



Friday, May 3, 2024 @ the Lambert Sports Complex

10:00 start time (field events), with running events @ 10:30



**Event times are estimates. We will try to stay on schedule as best as possible; if we are able to move ahead with both the running and field events, we will do that as well. Running events take precedence over field events! Field events must be finished within the hour. Coaches' meeting at 9:30 in the Complex building.

Running Order: Elem girls, Elem boys, JH girls, JH boys. Marshalling at start lines in designated areas! 3 jumps/throws only, and we will measure the farthest mark.

Running Events:

10:30 100 m hurdles
100 m dash
400 m dash
1600 m run
(JH only)
50 m dash
(Elem only)
4X100 m relay
200 m hurdles
(JH only)
200 m dash
800 m run
800 m medley
(100-100-200-400)

Field events:

10:00 Pole vault JH girls/boys
Shot put JH boys (east pit)
Long Jump JH girls (north pit)
Discus Elem boys (south pit)
High jump Elem girls
11:30 Shot put JH girls (west pit)
Long jump JH boys (south pit)
Discus Elem girls (north pit)
High jump Elem boys
1:00 Shot put Elem boys (east pit)
Long jump Elem girls (north pit)
Discus JH boys (south pit)
High Jump JH girls
Triple Jump JH boys (south pit)
2:30 Shot put Elem girls (west pit)
Long jump Elem boys (south pit)
Discus JH girls (north pit)
High jump JH boys
Triple jump JH girls (north pit)

We will be using our HS athletes to help at events, as well as other volunteers we can round up, but we may need coaches or others from out of town to assist. I will send out a worker's schedule in advance, should that happen. Thanks!