

# AREA 3 TRACK MEET

## Districts 5 & 6

Lowery Field, Lubbock, Texas

April 16, 2010

**Coaches meeting @ 8:45 A.M. Field House (north end)**

9:30 A.M. Girls 3200m Run  
10:00 A.M. Boys 3200m Run

### Field Events

	<u>BOYS</u>	<u>GIRLS</u>
11:00 A.M.	TRIPLE JUMP POLE VAULT	LONG JUMP SHOT PUT
12:30 P.M.	HIGH JUMP DISCUS	TRIPLE JUMP POLE VAULT
2:00 P.M.	LONG JUMP SHOT PUT	HIGH JUMP DISCUS

### Running Finals (run on time)

4:00	400m Relay	VG, VB
4:15	800m Run	VG, VB
4:30	100m Hurdles	VG
4:35	110m Hurdles	VB
4:45	100m Dash	VG, VB
5:00	800m Relay	VG, VB
5:15	400m Dash	VG, VB
5:30	300m Hurdles	VG, VB
5:45	200m Dash	VG, VB
6:00	1600m Run	VG, VB
6:15	1600m Relay	VG, VB