

High School Track Meet

SEEGER RELAYS

Saturday, April 2, 2016

@ Texas School for the Deaf

8:00 AM Coaches Meeting & Scratch
(by the Concession Stand)

8:30 AM FIELD EVENTS (3 attempts)

Long Jump (VB, VG)
Triple Jump (VG, VB)
High Jump (VG, VB)
Shot Put (VB, VG)
Discus (VG, VB)

9:00 AM 3200 M RUN (VG, VB)

10:00 AM 4 x 800 (VG, VB)

12:00 PM **RUNNING FINALS**

(Last heat will be fast heat)

4 x 100 M RELAY (VG,VB)
800 M RUN (VG,VB)
100 M HURDLES (VG)
110 M HURDLES (VB)
100 M DASH (VG, VB)
4 x 200 M RELAY(VG, VB)
400 M DASH (VG, VB)
300 M HURDLES (VG, VB)
200 M DASH (VG, VB)
1600 RUN (VG, VB)
4 x 400 M RELAY (VG, VB)

Coaches – please pick up medals/trophies from the press box after the track meet

General Admission: \$5.00 per vehicle

