

**DISTRICT 9-AA TRACK & FIELD MEET
APRIL 13, 2017
SEYMOUR, TEXAS**

8:00 - 8:30 SCRATCH MEETING

9:00 **3200 M. RUN** (VG-JVB-VB)

10:30 RUNNING PRELIMS (ROLLING SCHEDULE)

**400 M. RELAY
100 M. HURDLES
110 M. HURDLES
100 M. DASH
800 M. RELAY
400 M. DASH
300 M. HURDLES
200 M. DASH**

12:30 – 1:30 LUNCH

FIELD EVENTS

1:30

VB
LONG JUMP
POLE VAULT

VG
TRIPLE JUMP
SHOT PUT

JVB
HIGH JUMP
DISCUS

2:45

HIGH JUMP
DISCUS

LONG JUMP
POLE VAULT

TRIPLE JUMP
SHOT PUT

4:00

TRIPLE JUMP
SHOT PUT

HIGH JUMP
DISCUS

LONG JUMP
POLE VAULT

6:00 RUNNING FINALS (TIME SCHEDULE)

6:00 **400 M. RELAY**
6:15 **800 M. RUN**
6:30 **100 M. HURDLES**
6:35 **110 M. HURDLES**
6:45 **100 M. DASH**
6:55 **800 M. RELAY**
7:10 **400 M. DASH**
7:25 **300 M. HURDLES**
7:45 **200 M. DASH**
7:55 **1600 M. RUN**
8:25 **1600 M. RELAY**