

2006 LIONS CLUB INVITATIONAL TRACK MEET

10:00 A.M.: **COACHES MEETING.** This will be held in the cafeteria. Please be on time so we can get started promptly.

We will attempt to stay on schedule. We will make adjustments where necessary.

FIELD EVENT SCHEDULE: See attached field event sheet.

RUNNING EVENTS: The order of all running events will be:

Lower Division Girls
Upper Division Girls
Lower Division Boys
Upper Division Boys

NOTE: **The order of the 4 X 400 Relay will be Lower Division Girls followed by Lower Division Boys, Upper Division Girls and Upper Division Boys**

11:00 A.M.: 3200 M Run - **FINALS**

12:00 NOON: **PRELIMINARIES**

200 M Dash	Boys
200 M Dash	Girls
100 M Dash	Boys
100 M Dash	Girls
110 M High Hurdles	Boys
100 M High Hurdles	Girls

**** BREAK ****

2:30 P.M.: **FINALS**

100 M High Hurdles	Girls
110 M High Hurdles	Boys
4 X 800 M Relay	Girls
4 X 800 M Relay	Boys
100 M Dash	Girls
100 M Dash	Boys
1600 M Run	Girls
1600 M Run	Boys
4 X 100 M Relay	Girls
4 X 100 M Relay	Boys
400 M Dash	Girls
400 M Dash	Boys
300 M Low Hurdles	Girls
300 M Intermediate Hurdles	Boys
800 M Run	Girls
800 M Run	Boys
200 M Dash	Girls
200 M Dash	Boys
4 X 400 M Relay	Lower Division Girls followed by Lower Division Boys
4 X 400 M Relay	Upper Division Girls followed by Upper Division Boys

PRESENTATION OF AWARDS: Following the meet

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11:00 A.M.: FIELD EVENTS

The first events listed will begin at 11:00 a.m. The lower and upper division pole vault and high jump will be held together. Because of the length of the track meet there will only be **four attempts** in the field events. Do your four attempts before going to your next event.

POLE VAULT

Lower Division Boys/Upper Division Boys
Lower Division Girls/Upper Division Girls

HIGH JUMP - football field, north end

Lower Division Boys/Upper Division Boys
Upper Division Girls/Lower Division Girls

LONG JUMP - north pit

Upper Division Girls
Lower Division Girls

TRIPLE JUMP (following the Long Jump) - north pit

Upper Division Girls
Lower Division Girls

LONG JUMP - south pit

Lower Division Boys
Upper Division Boys

TRIPLE JUMP (following the Long Jump) - south pit

Lower Division Boys
Upper Division Boys

SHOT PUT - west ring

Upper Division Girls
Lower Division Girls

SHOT PUT - east ring

Lower Division Boys
Upper Division Boys

DISCUS - west ring

Lower Division Girls
Upper Division Girls

DISCUS - east ring

Upper Division Boys
Lower Division Boys

BOYS JAVELIN - southwest of track

Lower Division Boys
Upper Division Boys

GIRLS JAVELIN - track - south end

Lower Division Girls
Upper Division Girls