

SEALY ATHLETIC DEPARTMENT

Shane Mobley, Athletic Director
2372 Championship Drive Sealy, Tx 77474
979-885-3515 ext. 8000 – office 979-987-3399 - fax

Tuesday, March 30th

Coaches meeting 8:15 / Implement Weigh-in

3200 Meter Run Will start 9:30

Session One

9:30 Start Time

Shot Put- Varsity Boys/JV Boys

Girls Discus -Varsity/JV Girls

Triple Jump -Varsity Girls/JV Girls

High Jump –Varsity Boys/JV Boys

Pole Vault –Varsity Girls/JV Girls

Long Jump -Varsity Boys/JV Boys

Session Two

11:00 Start Time

Shot Put-Varsity Girls/JV Girls

Boys Discus –Varsity/JV Boys

Triple Jump-Varsity Boys/JV Boys

High Jump-Varsity Girls /JV Girls

Pole Vault-Varsity Boys/JV Boys

Long Jump-Varsity Girls/JV Girls

12:00 to 1:00 Lunch for all Workers and Coaches

1:00 PM	400 M Relay JV Girls/Boys
1:10 PM	800 M Run JV Girls/Boys
1:25 PM	100/110 M JVG, VG, JVB, VB
1:50 PM	100 M Dash JVG, VG, JVB, VB
2:10PM	800 M Relay JV Girls/Boys
2:20PM	400 M Dash JVG, VG, JVB, VB
2:55PM	300 M Hurdles JVG, VG, JVB, VB
3:15 PM	200 M Dash JVG, VG, JVB, VB
3:35 PM	1600 M Run JV Girls/Boys
3:45 PM	1600 M Relay JV Girls/Boys

All varsities Relay and other varsity runs that will fit in one heat will be Finals only JV Events will be run as finals.

We will try to stay on time but we could fall behind depending on the amount of heats we have for certain races. Varsity will start at 5pm Wednesday March 31st. We will run 10min. between start and finish of each race.