

Golden Hawks Track Meet

Field Assignments

Long Jump: T.J. Elder

Triple Jump: Pulaski

High Jump: Oak Hill

Shot Put: Burke

Discus: Putnam / Tall Pines

Relay Zones

4x100: TJ Elder, Oak Hill, Burke

4x200: Putnam (1&3), Pulaski (2)

4x800 Break Line: Tall Pines

Meet Schedule

4:15 Coaches Meeting

4:30 PM

4x800 Relay

First Wave Field Events:

Boys: Triple Jump, Discus

Girls: Long Jump, Shot Put, High Jump

5:15 PM

300m Hurdles

Second Wave Field Events:

Boys: Long Jump, Shot Put, High Jump

Girls: Triple Jump, Discus

Running Events (In Order)

100m Hurdles

100m

4x200

1600m

4x100

Throwers Relay (4x100)

400m

800m

200m

3200m

4x400 Relay

Awards

Medals: 1st & 2nd

Ribbons: 3rd

Trophies: 1st-3rd Teams

High Point: Top Boy & Girl

Reminders

Bring tents, chairs, tarp

Coaches receive free meal (see Coach Burden)