

Field Events & Running Schedule

1st Session order of Field Events

12:00 PM – Coaches Meeting

12:30 PM Field Events

Boys Long Jump (m-20ft) – followed by Boys Triple Jump (m-40ft)

Boys Shot Put (m-40ft)– followed by Boys Discus (m-120ft)

Girls Long Jump (m-15ft) – followed by Girls Triple Jump (m-30ft)

Girls Discus (m-80ft) – followed by Girls Shot Put (m-30ft)

Girls Pole Vault (m-7ft)– followed by Boys Pole Vault (m-10ft)

Boys High Jump (m-5'8) – Followed by Girls High Jump (m-4'8)

Running Events: 1st Session Running Events (All Finals)

1:00 PM DMR 1200, 400, 800,1600 - Girls followed by Boys

2:15 PM SMR (200-200-400-800) – Girls followed by Boys

2:45 PM Shuttle Hurdle Relay – Girls followed by Boys

3:00 PM Mixed 4X400 Meter Relays (Boy-Girl-Boy-Girl)

Running Events: 2nd Session Running Events (All Finals)

3:30 PM Rolling Schedule

4 x 100m Relay – Girls followed by Boys

800 Meters – Girls followed by Boys

100m Hurdles – Girls

110m Hurdles – Boys

100m Dash – Girls followed by Boys

4x200m Relay – Girls followed by Boys

400m Dash – Girls followed by Boys

300m Hurdles – Girls followed by Boys

200m Dash – Girls followed by Boys

3200m Run –Girls followed by Boys

4x400m Relay – Girls followed by Boys

Team awards will be presented after the final race.

Meet Records

Girls

<u>Event</u>	<u>Athlete</u>	<u>Record</u>	<u>School</u>
100m Dash	Praise Onye-Franklin (2024)	12.054	LC Clear Springs
200m Dash	Priscilla Adu-Gyamfi (2024)	24.383	Houston Cypress Ranch
400m Dash	Celeste Robinson (2024)	55.714	Houston Cypress Ranch
800m Run	Katherine Valentine (2024)	2:15.53	LC Clear Falls
3200m Run	Kaitlyn Gale (2024)	11:10.75	LC Clear Falls
100m Hurdles	Katelyn Smith (2024)	14.664	Deer Park
300m Hurdles	Corie Wilmington (2025)	43.85	Fort Bend Marshall
4x100m Relay	Dickinson (2025)	45.54	Dickinson
4x200m Relay	Shadow Creek (2025)	1:37.50	Shadow Creek
4x400m Relay	Shadow Creek (2025)	3:47.17	Shadow Creek
DMR (1200m, 400m, 800m, 1600m)	LC Clear Falls (2024)	12:29.526	LC Clear Falls
SMR (200m, 200m, 400m, 800m)	Kali Rodman, Madison Hill, Zoey Swanson, Mia Guerra (2024)	4:14.158	LC Clear Falls
Shuttle Hurdle Relay	Clear Creek (2025)	1:06.76	LC Clear Creek
Long Jump	Sydney Sims (2025)	19'-7"	Fort Bend Elkins
Triple Jump	Daijah Miller (2025)	40'-6"	Shadow Creek
High Jump	Aubrey Riles (2025)	5'-6"	Manvel
Shot Put	Sydney Freeman (2024)	41'-6"	Fort Bend Elkins
Discus	Sydney Freeman (2024)	137'-6"	Fort Bend Elkins
Pole Vault	Emma Kidder (2025)	12'-0"	Dickinson

Meet Records

Boys

<u>Event</u>	<u>Athlete</u>	<u>Record</u>	<u>School</u>
100m Dash	Jailen Jones (2024)	10.634	Channelview
200m Dash	Joshua Shelton (2025)	21.62	Pearland
400m Dash	Jason Walker (2025)	48.54	Shadow Creek
800m Run	Gabriel Tubbs (2024)	1:56.114	LC Clear Springs
3200m Run	Zade Kayyali (2024)	9:31.323	Friendswood
110m Hurdles	Jaxon Jones (2024)	14.308	LC Clear Creek
300m Hurdles	Greg Cheeks (2024)	38.373	Fort Bend Elkins
4x100m Relay	Fort Bend Hightower (2025)	41.25	Fort Bend Hightower
4x200m Relay	Strake Jesuit (2025)	1:27.03	Strake Jesuit
4x400m Relay	Shadow Creek (2025)	3:15.58	Shadow Creek
DMR (1200m, 400m, 800m, 1600m)	Clear Creek (2024)	10:31.65	LC Clear Creek
SMR (200m, 200m, 400m, 800m)	Andrew Cook, Aidan Rice, Jeremiah Jones, Chris Creedon (2024)	3:30.596	LC Clear Creek
Shuttle Hurdle Relay	Fort Bend Marshall (2025)	1:02.28	Fort Bend Marshall
Long Jump	Sam Sereal (2024)	23'-6"	LC Clear Creek
Triple Jump	Damerian Clerkley (2025)	47'-3.25"	Manvel
High Jump	Kade Stevens (2024)	6'-4"	Friendswood
Shot Put	Brandon Schirck (2024)	66'-3"	Friendswood
Discus	Brandon Schirck (2024)	178'-10"	Friendswood
Pole Vault	Alonzo Abara (2025)	15'-0"	Shadow Creek