

Highland Lakes Middle School Pre-District Track Meet
@ Dripping Springs High School

7th Grade (Boys & Girls) - Tuesday- March 10th, 8th Grade (Boys & Girls) - Wednesday- March 11th

ADMISSION: Adults \$3 & Kids \$2 Tickets can be purchased: [LINK](#)

BUS & SPECTATOR PARKING: [DSHS Map](#) **Please share with parents**

CONCESSION STAND: Concessions will be available

The scratch meeting will be in the Hospitality Room @ 3:55 pm (H.R. located in adjacent field house)

- All entries are due by 5pm, Sunday, March 8th, 2026. **Pre-District Meet Entries**
- Access to competition areas will be restricted to competitors and coaches only.
- All warm-ups will take place on the field, practice time for relays on the track will be allowed when the track is not in use.
- There will be no tolerance of any liquid other than water and no food will be allowed on turf.
- Use of tape and chalk on the track is prohibited.
- Team camps may be set-up on any of the grassy areas around the home stands.
- Coaches meals will be provided by SSMS Booster Club

Please contact us at:

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SSMS Girls Head Track
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Jon Plum
SSMS Boys Head Track
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WORKERS

Announcer: DAYS 1 & 2: James Francis/Micheal Kipp(Maybe)

Starter: Tim Lester

Timers: Hill Country Timing

Laning: Jones/Young

Finish Clerk: Hulett/Pilcik/Plum

Blocks: Ballinger/Owen

Hip Numbers: Smith/ Echevarria (Helpers)

Hurdle Crew:

Flight 1: Sycamore Springs (Near Starting Line)

Flight 6: Dripping Springs

Flight 2: Sycamore Springs

Flight 7: Hill Country

Flight 3: West Ridge

Flight 8: Hill Country

Flight 4: West Ridge

Flight 9: LT, HB, BC

Flight 5: Dripping Springs

Flight 10: LT, HB, BC

Curve Judges: 4x100 Zone 1(LT/HB) ,Zone 2 (DS WR), Zone 3 (SS/HC) , Zone 4 (LT/BC)
4x200 Zone 1(LT/HB), Zone 2 (DS/WR)
4x400 (LT/BC)

MEET SCHEDULE :

3:55	Scratch Meeting/ Hospitality Room
4:15	All Field Events starts
4:30	2400m Starts (Tues. - 7G/7B) (Wed. - 8G/8B)
5:45	Running Events start (estimated time)

ORDER OF FIELD EVENTS (3 Entries per grade level for Field Events)

****High Jump/Pole Vault – 3 attempts at each height - LJ,TJ,Shot,Disc – 3 jumps/throws****

FIELD EVENT MAP FIELD EVENT LOCATIONS WILL BE DETERMINED DAY OF DEPENDING ON CONDITIONS

Please bring whatever equipment you need to run off your Field Event, we will provide Clip Boards and Flight Sheets

HIGH JUMP – (WR)

7th Girls 4'2"/ 7th Boys 4'6" (Tues.)

8th Girls 4'4"/ 8th Boys 4'8" (Wed.)

POLE VAULT – (HB)

7th Boys 7'6"/ 7th Girls 6'0" (Tues.)

8th Boys 8'0"/ 8th Girls 6'0" (Wed.)

LONG JUMP – (DS)

7th Boys/ 7th Girls (Tues.)

8th Boys/ 8th Girls (Wed.)

TRIPLE JUMP – (BC)

7th Girls/ 7th Boys (Tues.)

8th Girls/ 8th Boys (Wed.)

SHOT PUT (Girls 6lb/Boys 4k) –(LT)

7th Girls/ 7th Boys (Tues.)

8th Girls/ 8th Boys (Wed.)

DISCUS (1k) – (HC)

7th Boys/ 7th Girls (Tues.)

8th Boys/ 8th Girls (Wed.)

RUNNING EVENTS -

- Approximate start times below. Races could start ahead of schedule.
- 3 entries per race
- Lane assignments:
 - Lane 1 - HCMS
 - Lane 2 - HBMS
 - Lane 3 - DSMS
 - Lane 4 - SSMS
 - Lane 5 - WRMS
 - Lane 6 - BCMS
 - Lane 7 - LTMS

RUN SCHEDULE: Race Order 7th G/B, 8th G/B

4:30pm	2400m run
5:45pm	400 m relay
	800 m run
	100 m hurdles (30" GIRLS)
	110 m hurdles (7th 33"/8th 36")
	100 m dash
	800 m relay
	400 m dash
	300 m hurdles (33" 8th Boys)
	200 m dash
	1600 m run
	1600 m relay

Relay Exchange Zone Colors:

4x100m Relay - yellow/gold

4x200m Relay - green for first exchange zone, green for second, yellow for third

4x400m Relay - blue

Please note there is no longer an international mark.

The exchange zones span 30m and starts and ends with the large triangles.