

**Coaches meeting: 12:30pm**

**Starts at 1:00**

Sprint Medley  
3200 M Relay  
110 M Hurdles  
100 M Dash  
800 M Relay  
1600 M Run  
400 M Relay  
400 M Dash  
300 M Hurdles  
800 M Run  
200 M Dash  
3200 M Run  
1600 M Relay

Girls - Boys

**Starts at 1:00**

**First flight 3-3:45, Second flight 4-4:45**

Girls Long Jump  
Boys Triple Jump  
Girls Shot Put  
Boys Discus  
Girls High Jump  
Pole Vault

**Starts at 3:00**

**First flight 5-5:45, Second flight 6-6:45**

Boys Long Jump  
Girls Triple Jump  
Boys Shot Put  
Girls Discus  
Boys High Jump  
Pole Vault

We will use a rolling time schedule

We need to make sure all kids are ready for field events

# PALMER FR/SO TRACK MEET 2019

