

**5-AAAAAA Track & Field District Meet  
Tuesday, April 2, 2024 and Wednesday, April 3, 2024**

**DAY 1 – TUESDAY - April 2, 2024**

**Morning Field Events (9:00am) & 3200m (9:30am)**

Time	Discus	Triple Jump	High Jump
9:00am	JVG	VG	JVG
10:30am	VG	VB	JVB
12:00pm	JVB	JVG	VG
1:30pm	VB	JVB	VB

- ALL Shot weigh-in 1 ½ hour prior to 9:00am
  - Seeding – Seeding will be used for flights with best marks in second flight.
- JV Athletes – 4 Attempts
- Varsity Athletes – 3 legal attempts, top 8 to finals (reseeded from 8<sup>th</sup> – 1<sup>st</sup> – ALL ties will advance to finals). Best attempt from prelims and finals will be used for placing.

**\* 9:30am 3200m VG/VB/JVG/JVB**

**Running Events – Preliminaries**

9:30am	3200m	VG / VB
3:30	100m Hurdles	VG
3:45	110m Hurdles	VB
4:00	100m	VG / VB
4:30	400m	VG / VB
5:00	300m	VG / VB
5:30	200m	VG / VB

**DAY 2 – WEDNESDAY - April 3, 2024**

**Morning Field Events (10:00am)**

Time	Shot Put	Long Jump	Pole Vault
10:00am	VB	VB	JVG / VG
11:30am	JVB	VG	JVB
1:00pm	JVG	JVB	VB
2:30pm	VG	JVG	

- \*PV Weigh-In – 1 ½ prior to competition. Pole must match or be greater than the weight of the vaulter. Coach and athlete must sign certification card.
- \*Discus Weigh-In – 1 ½ hour prior to 10:00am.
- \*Seeding will be used for flights with best marks in second flight.
- \*JV Athletes – 4 Attempts
- \*Varsity Athletes – 3 legal attempts, top 8 to finals (reseeded from 8<sup>th</sup> – 1<sup>st</sup> – Ties advance).
- \*Best attempt from prelims and finals will be used.

3:45pm	Wheelchair
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**Running Finals: VG / VB**

4:00pm	Relay Card Declaration
4:45	National Anthem
5:00	4x100m Relay
5:15	800m
5:35	100m Hurdles VG
5:45	110m Hurdles VB
6:00	100m Wheelchair
6:05	100m
6:20	4x200m Relay
6:40	400m Wheelchair
6:45	400m
7:00	300m Hurdles VG / VB
7:30	200m

7:45 1600m  
8:30 4x400m Relay

### Field Events Weigh-In

1. Throwing: 1 hour before the start of the event. Each implement will be marked.
2. Pole Vaulters will be required to weigh in at the pole site. Pole must match weight or be greater in weight. Coach must sign certification card for poles used by each vaulter.
3. Horizontal jumps will be closed to coaches once the event starts. Parents are only allowed to view from the bleachers. Coaches Box will be marked off.
4. Vertical Jumps will be closed to coaches once the event starts. Parents will be allowed to view behind the roped area outside the completion area. Coaches Box will be marked off.
5. Throwing events: Parents will be able to watch from behind the roped area near the completion area. Coaches Box will be marked off.

<u>SCHOOL</u>	<u>FIELD EVENT</u>	<u>CURVE / EXCHANGE</u>	<u>TIME</u>	<u>HURDLE ROW</u>
DENTON BRASWELL	TRIPLE JUMP	F & M	6	1, 2, 3
DENTON GUYER	HIGH JUMP	B & I	3	1, 2, 3
ALLEN	SHOT PUT	C & J	2	4, 5, 6
MCKINNEY	LONG JUMP	G & N	7	4, 5, 6
MCKINNEY BOYD	PV	E & L	5	7, 8, 9
PROSPER	DISCUS	D & K	4	7, 8, 9
PROSPER ROCK HILL	SHOT PUT & DISCUS WEIGH-IN	H & O	1	10
LITTLE ELM	FLEX	START / FINSH LINE	8	10

