

**District 19 & 20 3-AAA  
Area Track Meet  
April 16, 2026**

There will be individual awards given for the first 4 places. Each field event will get three jumps/throws and then they will be reseeded for final three jumps/throws. Starting height for high jump and pole vault will be the lowest qualifying district jump. Lanes are assigned fastest qualifying to slowest qualifying, 4,5,3,6,2,7,1,8. All shot and discus will be pooled. Running events will be girls and then boys. All running events will be finals. We will stage our running events, and there will be no team camps allowed on the field. Athletes will warm up in the grass area beside the weight room prior to check in.

**Schedule of Events**

**9:00 - 9:15** Coaches meeting, shot and discus check-in, and certify pole vault  
Meeting in the weight room behind the home stands.

**Field Events (All in performance rings)**

	<b>Varsity Girls</b>	<b>Varsity Boys</b>
<b>10:30</b>	Long Jump / Pole Vault	High Jump / Discus
<b>11:30</b>	High Jump / Discus	Triple Jump / Shot Put
<b>12:30</b>	Triple Jump / Shot Put	Long Jump / Pole Vault

**12:00 - 2:00** Lunch (all coaches and adult workers in the weight room)

**Running Finals (Varsity Girls followed by Varsity Boys)**

<b>10:00</b>	3200 Meter Run
<b>2:30</b>	4 x 100 Meter Relay
<b>2:45</b>	800 Meter Run
<b>3:00</b>	100 / 110 Meter Hurdles
<b>3:15</b>	100 Meter Dash
<b>3:30</b>	4 x 200 Meter Relay
<b>3:45</b>	400 Meter Dash
<b>4:00</b>	300 Meter Hurdles
<b>4:15</b>	200 Meter Dash
<b>4:30</b>	1600 Meter Run
<b>4:50</b>	4 x 400 Meter Relay