

AREA 13-5A and 14-5A MEET
@ Hanby Stadium - Mesquite
Thursday, April 21st

SCHEDULE OF EVENTS

5:25 a.m. Locker room opens

5:55 Check-In

6:00 Departure

8:00-9:00 Implement and Pole Vault Weigh-In/Pole Inspections

8:30 Coaches Meeting

Running Finals

9:15 a.m. 3200 M Run - VG, VB

Field Events

10:00 High Jump

**11:30 Long Jump
Shot Put**

1:00 p.m. Pole Vault

**2:30 Discus
Triple Jump**

4:00-5:00 Track is open for handoffs

Running Events - Finals only - VG, VB (1 heat per division)

5:10 First Call

5:20 National Anthem

5:30 4 x 100 M Relay

5:40 800 M Run

5:55 100 M Hurdles

6:05 110 M Hurdles

6:15 100 M Dash

6:30 4 x 200 M Relay

6:45 400 M Dash

7:00 300 M Hurdles

7:20 200 M Dash

7:30 1600 M Run

7:50 4 x 400 M Relay

*The events the Lady Scots will be competing in are in bold.

District 13-5A Teams

| | |
|---------------|-----------------|
| Crandall | Mesquite Poteet |
| Forney | North Forney |
| Greenville | Royse City |
| Highland Park | West Mesquite |

District 14-5A Teams

| | |
|-----------|-----------------|
| Cleburne | Midlothian |
| Corsicana | Red Oak |
| Ennis | Waco University |
| Joshua | |

More Information

- *No food or drinks other than water are allowed on the track or turf.
- *Camps will be in the visitor stands and each team will have a designated area. Tents will ONLY be allowed in the top 10 rows.
- *Athletes will not be allowed on the home side of the stadium for any reason.
- *Athletes will be given wristbands to wear throughout the meet.

Warmups

- *Warmups will not be allowed in the infield except for the field events and 3200 m run.
- *All warmups will be on the grass on the south side of the stadium at the conclusion of the shot and discus.

Track Surfaces & Markers

- *No tape or chalk of any kind will be allowed.
- *The high jump area is the only area that athletic tape only will be allowed.
- *Tennis balls or flat rubber will be allowed at all other field events and on the track.

Field Events

******No telephones, ipods, headphones or any other type of electronic devices on the field or at the field events.**

- *Coaches are allowed to watch in the area of the venue.
- *Coaches' boxes will be established for you to watch and talk to your athletes.
- *The athletes must come to the coach during competition.
- *Venues are closed until announced open and the event judge(s) are on site.
- *All venues will open for warmups, 45 minutes before the scheduled start time.
- *Only athletes currently participating in an event need to be on the field. All others need to watch in the stands.

Qualifying to Regionals

- *Top 4 places.

Parent Information

- *Parents may come watch pole vault, shot, and discus only in the assigned area on the south side temporary bleachers. All other field events must be watched from the stands.

- *Admission - \$5.00

**Competiveness is what separates the achievers
from the average.**

~Pat Summitt

TODAY IS THE ONLY DAY.

~John Wooden

HEART & SOLE