

Meet Information

LCAC Track Meet 2016

Date: 4/9/16

Where: Ida S. Baker HS

Deadline to enter: Wednesday April 6th @ 11:59pm

Only 4 athletes per event.

Time Schedule: 1pm Coaches Meeting

2pm Field Events

Girls' Discus followed by boys

Boys' Shot Put followed by girls

Girls' Pole Vault followed by boys

Girls' Long Jump then Triple Jump

Boys' Long Jump then Triple Jump

Girls' High Jump followed by boys

3pm 4x800m relay

4pm Prelims for running events (Rolling Schedule)

100/110 Hurdles

100m

400m

4x100m

300 Hurdles

200m

*6pm Finals for Running Events

100m Hurdles

110m Hurdles

100m

1600m

4x100m

400m

300 Hurdles

800m

200m

Adaptive 200m

3200

4x400

* Finals will be run 30 minutes after last prelim event is run.