



2023 Track Meet Schedule



1. All times are approximate. Students must return to their teacher after each event.
IMPORTANT: If students are called for a running event while waiting in line for a field event, they must go to the running event and then return to the field event.
2. **OPEN PIT:** IT IS THE ATHLETES RESPONSIBILITY TO GET IN ALL FIELD EVENTS (JUMPS, THROWS, HITS) WITHIN THE ALLOTTED TIME FRAME.
3. **ABOVE ALL: GIVE IT YOUR BEST, COMPETE STRONG, AND HAVE FUN!!!**

Time	Running Events	Field Events
9:30	Girls & Boys 800 meter run	Girls & Boys Long Jump Girls Shot-put Girls Softball Throw
9:45	Girls & Boys 75 meter hurdles	
10:00	Girls & Boys 100 meter dash	
10:15		Boys Shot-put & Boys Softball Throw
10:30	Girls & Boys 200 meter dash	
10:45	Girls & Boys 400 meter dash	
11:00	Girls & Boys 50 meter shuttle relay	Girls & Boys Home Run Derby
11:15	Girls & Boys 400 meter relay (4X100)	
11:30		
11:45	400 meter mixed relay (Coed 4X100)	
LUNCH	Lunch Break Approx. 12:00 - 12:30	
12:30		Ultimate Frisbee (Class vs. Class 6v6)
12:45		
1:00		
1:15		Tug-O-War (Class vs. Class 10v10)
1:30		
1:45	Rewards Ceremony	
2:00		
2:15	Clean-Up* (See Below)	
2:30	Load Buses	

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***CLEAN-UP ASSIGNMENTS:** Each school please be responsible for the following clean-up: Infield/Grass Area-**Stout**/Under bleachers-**Jose Barrios**/Between concession stand/bleachers and around outside of track but inside Fox Field fence-**Harrison** (bag all litter and place in dumpster in parking lot)...THANK YOU!!