

FMHS TRACK AND FIELD

COPPELL RELAYS 3/4/23

DEPART FMHS ON SCHOOL BUS

6:30 AM Athletes in field events and 3200 meter run depart FMHS
11:30 AM Athletes in running events depart FMHS

MEET SCHEDULE

8:00AM FIELD EVENTS START—FINALS ONLY

SHOT/DISCUS-4 THROWS-VAR/3 THROWS-JV
LONG/TRIPLE JUMP-4 JUMPS- VAR/3 JUMPS- JV
HIGH JUMP/POLE VAULT-3 ATTEMPTS-VAR & JV

SHOT PUT (EAST)	JVG, JVB	
SHOT PUT (WEST)		VB, VG
DISCUS (NORTH)	VG, VB	
DISCUS (SOUTH)	JVB, JVG	
LONG JUMP (SOUTH PIT)	JVG, VG, JVB, VB	
TRIPLE JUMP (NORTH PIT)	JVB, VB, JVG, VG	
HIGH JUMP (OUTSIDE)		VG, VB
HIGH JUMP (OUTSIDE)	JVB, JVG	
POLE VAULT (OUTSIDE)	TBA	*Weather will determine where vault
POLE VAULT (TURF ROOM)	TBA	will be – JVG, JVB, VG, VB

9:00AM 3200m ***RUNNING ORDER: JVG, VG, JVB, VB

10:00 AM OPEN 3200m

1:00PM TIMED FINALS ***RUNNING ORDER: JVG, VG, JVB, VB

4x100m Relay
800m (JV Only)
4 x 800m Relay (V Only)
100/110m Hurdles
100m
4x200m Relay
400m
300m Hurdles
200m
1600m
4x400m Relay

LOCATION

Coppell High School: 185 W Parkway Blvd, Coppell, TX 75019