FMHS TRACK AND FIELD

1:00 PM Athletes dismissed from class for lunch
1:40 PM Athletes depart for Aubrey High School

2023 Chaparral Relays

Thursday March 9th 2023

Schedule of Events

3:00	**Scratch meeting**	
3:30	**3200m Run**	JVG and VG, JVB, VB
	Field Events:	
	Shot	JVG, VG, JVB, VB (S ring)
	Discus	VB, JVB, VG, JVG (S ring)
	Pole Vault	JVG and VG (together) JVB and VB (together)
	High Jump	JVB, VB, JVG, VG
	Long Jump	VG, JVG, VB, JVB (W pit)
	Triple Jump	VB, JVB, VG, JVG (E pit)

- Each Varsity/JV competitor will receive 3 jumps and 3 throws.
- Opening heights:

High Jump

JVG	4' 4"
VG	4' 6"
JVB	5' 2"
VB	5' 6"

Pole Vault

JVG	6'
VG	6' 6"
JVB	8'
VB	9'

5:30 **Running Finals:**
(Running order - JVG, VG, JVB, VB)
Weight Man Relay
400m Relay
800m Run
100m Hurdles
110m Hurdles
100m dash
800m Relay
400m Dash
300m Hurdles
200m Dash
1600m Run
1600m Relay

LOCATION

Aubrey High School, 510 Spring Hill Rd, Aubrey, TX 76227