

FMHS TRACK AND FIELD

MAX GOLDSMITH RELAYS- MARCH 23

7:45 AM Athletes in Field Events and 3200 meter run depart FMHS
8:45 AM Athletes in Running Events only depart FMHS

MAX GOLDSMITH RELAYS SCHEDULE

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| 9:00 | <u>Field Events</u> Shot Put VG, JVG, VB, JVB (Grass Field) Discus VB, JVB, VG, JVG (Grass Field) Pole Vault VB, VG, JVB, JVG (Grass Field) High Jump JVB, VB, JVG, VG (North End) Long Jump VB, JVB, VG, JVG (Grass Field – East - Baseball) Triple Jump VG, JVG, VB, JVB (Grass Field – West - Barn) |
| 9:00 | 3200m Final - (JVG/VG/JVB/VB) |
| 10:00 | <u>SMR</u> - (JVG/VG/JVB/VB) Open 800 (time your own runners) <u>100/110 Hurdles</u> – (JVG/VG/JVB/VB) |
| 10:30 – 11:15 | <u>Track is Open – Opposite side for relay handoffs</u> |
| | ** RUNNING FINALS - All races JVG, VG, JVB, VB – Heats against time |
| 11:30 | 400m Relay 800m 100m 800m Relay 400m 300m Hurdles 200m 1600m 1600m Relay |

LOCATION

Lewisville High School

****Athletes make sure to pack a lunch for this meet. Schedule is subject to change with a possibility of thunderstorms on Thursday.**