

# FMHS TRACK AND FIELD

## 5-6A & 6-6A Area Track & Field Meet

Friday, April 21, 2023

Buddy Echols Field, Coppell High School

- 7:30 AM: 3200 meter runners and Riley Ward report to stadium
- 10:00 AM: Madison Goodin and Lauren Drew dismissed from class
- 10:30 AM: Madison Goodin and Lauren Drew depart FMHS on bus
- 3:00 PM: Rest of team departs FMHS for Coppell High School on bus

<b>9:00 a.m.</b>	3200m Run	
<b>9:30 a.m.</b>	<b>Field Events: Session 1:</b>	<b>11:00 a.m. Field Events Session 2:</b>
	Pole Vault VB	Triple Jump VG
	Shot VB	Shot VG
	High Jump VG	Long Jump VB
<b>12:30 p.m.</b>	<b>Field Event: Session: 3</b>	<b>2:00 p.m. Field Events: Session 4:</b>
	Pole Vault VG	Triple Jump VB
	High Jump VB	Discus VG
	Discus VB	Long Jump VG

### Running Events:

- 5:00 p.m. National Anthem
- 5:05 p.m. 4x100m Relay VG, VB
- 5:15 p.m. 800M Run VG, VB
- 5:35 p.m. 100m Hurdles VG

5:45 p.m.	110m Hurdles VB
6:00 p.m.	100m Dash VG, VB
6:15 p.m.	4x200m Relay VG, VB
6:30 p.m.	400m Dash VG, VB
6:45 p.m.	300m Hurdles VG, VB
7:05 p.m.	200m Dash VG, VB
7:20 p.m.	1600m Run VG, VB
7:45 p.m.	4x400m Relay VG, VB
8:00 pm	Trophy Presentation



**Location: Coppell High School**