

# 1st Annual Girls Flyer Track & Field Classic

**Saturday, March 30th, 2024  
Lindbergh Track Stadium**

## **Field Event Meet Schedule**

**Field Events:** Shot Put, Discus, Javelin, Long Jump, and Triple Jump will be contested with 4 Jumps/throws **NO FINALS**

**8:45 am** Coaches Meeting at The Press Box

**9:15 am** Field Events Begin

**9:15 am** Junior Varsity Pole Vault, Triple Jump, Shot Put  
Varsity High Jump, Long Jump, Discus, Javelin

**11:30 am** Junior Varsity High Jump, Long Jump, Discus, Javelin  
Varsity Pole Vault, Triple Jump, Shot Put

For the High Jump and Pole Vault, ***the events WILL NOT wait for athletes.*** Athletes who miss a height will be passed and they will rejoin the competition at the height the competition is at. Consider this when making entries.

**Track Events:** All track events are timed finals.  
9:45 am Traditional Order of Events  
All running events will be JV followed by Varsity

**Entries:** Make entries on [Momilesplit](#) by NO LATER than March 29<sup>th</sup> by 9:00AM

**Scratches/Changes:** Scratch only at Coaches Meeting

**Entries Questions:** [Paul Golian](#) – TRXC Timing

*With this meet being so early in the season, you may enter an athlete's best performance from the previous season for seeding purposes. This will help ensure the best athletes are in the final heat.*

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**Entry Limits:** Athletes **CANNOT** crossover between the JV and Varsity

**Varsity** - There will be 2 entries per event, one relay team per event.

**J.V.** - There will be 3 entries per event, one relay team per event.

**Scoring:** 10,8,6,5,4,3,2,1 – JV – all eligible to score and medal

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**Entry Fee:** Costs to be divided among participating teams.

**Work Assignments:** We plan to ask all teams be assigned one event.

**Hospitality Room:** Food and drinks will be available to all coaches and meet workers at the concession stand.

**Concessions:** A full concession stand will be open.

**Meet T-Shirts:** Will be sold

**Games Committee:** Will be determined when the field of teams is completed.

**Awards:** Medals to the top 5 in the varsity and top 7 in the J.V. divisions.  
Two team trophies per division.

**Bus Parking:** Athletes will be dropped off at the track and then all buses will park at Sperrang Middle School on Concord School Road. (about 1 mile away)

**Heat/Flight:** [Click Here](#) to see heat and flight sheets

## Field Events Schedule

|              |  |   |
|--------------|--|---|
| <b>8:45</b>  | Coaches Meeting (Press Box)  |   |
| <b>9:15</b>  | Javelin (Varsity)<br>High Jump (Varsity)<br>Long Jump (Varsity)<br>Shot Put (JV) | Discus (Varsity)<br>Pole Vault (JV)<br>Triple Jump (JV)       |
| <b>11:30</b> | Pole Vault (Varsity)<br>Javelin (JV)<br>Discus (JV)<br>Long Jump (JV)            | High Jump (JV)<br>Shot Put (Varsity)<br>Triple Jump (Varsity) |

## Running Events Schedule (JV Followed by Varsity)

|              |   |
|--------------|---|
| <b>9:40</b>  | Open 1600 (Unlimited Entries, No points awarded) One or two heats depending on entries. |
| <b>10:00</b> | 4 x 800 Relays  |
| <b>10:30</b> | 100 H   |
| <b>10:50</b> | 100 m   |
| <b>11:20</b> | 4 x 200 Relay   |
| <b>11:45</b> | 1600m   |
| <b>12:05</b> | 4 x 100 Relay   |
| <b>12:30</b> | 400m  |
| <b>1:00</b>  | 300 IH  |
| <b>1:30</b>  | 800m  |
| <b>1:50</b>  | 200m  |
| <b>2:10</b>  | 3200m (JV and Varsity run together)   |
| <b>2:40</b>  | 4 x 400 Relay   |

We will try to stay on schedule...will not get ahead of schedule