



District 8 AA Track Meet 2024

Thursday, April 4, 2024

Roscoe High School

7:30	Breakfast / Weigh In / Scratch Meeting	Old Gym
8:00	Coaches' Meeting	Old Gym
8:30	3200m Run	0:45
9:15	100m Hurdles	0:10
9:25	110m Hurdles	0:10
9:35	100m Dash	0:10
9:45	*4x200 Recover Time*	0:10
9:55	400m Dash	0:10
10:05	300m Hurdles	0:15
10:20	200m Dash	0:10
		1:30
11:00 – 11:45	Meal for Coaches and Workers – Old Gym	

	Varsity Boys	Varsity Girls	JV Boys	JV Girls
12:00	Shot Put High Jump	Long Jump	Triple Jump	Discus Pole Vault
1:00	Long Jump	High Jump Shot Put	Pole Vault Discus	Triple Jump
2:00	Pole Vault	Discus Triple Jump	Shot Put Long Jump	High Jump
3:00	Discus Triple Jump	Pole Vault	High Jump	Shot Put Long Jump
4:00	Done with Field Events			

Running Finals: Order for all events: JVG, VG, JVB, VB

5:00	4x100 Relay	0:10
5:10	800m Run	0:15
5:25	100m Hurdles	0:10
5:35	110m Hurdles	0:10
5:45	100m Dash	0:10
5:55	4x200m Relay	0:10
6:05	400m Dash	0:10
6:15	300m Hurdles	0:15
6:30	200m Dash	0:10
6:40	1600m Run	0:20
7:00	4x400m Relay	0:20
7:20	Announce District Champions	

Opening Heights:	Pole Vault	High Jump
	VG – 6'	VG – 4'
	JVG - 6'	JVG - 4'
	VB – 8'	VB – 5'
	JVB – 8'	JVB – 4'10"