

**SUMMER CREEK  
TRACK MEET  
Feb 28th, 2018  
Host School: Oak Ridge High School**

**The bus will depart at 2:30 pm for Oak Ridge High School North Houston Track and Field League Invitational. Please make sure to report to 12:30**

**The meet schedule will be as follows:**

**FIELD EVENT ROTATIONS :**

<b>HIGH JUMP</b>	Fr Boys	then	JV Boys	then	JV Girls
<b>LONG JUMP</b>	JV Girls	then	Fr Boys	then	JV Boys
<b>TRIPLE JUMP</b>	JV Boys	then	JV Girls	then	Fr Boys
<b>POLE VAULT</b>	Boys (Combine if possible)			then	JV Girls (Combine)
<b>SHOT PUT</b>	JV Girls	then	Fr Boys	then	JV Boys
<b>DISCUS</b>	JV Boys	then	JV Girls	then	Fr Boys

**STARTING HEIGHTS:** **POLE VAULT** (Participant Consensus)  
**HIGH JUMP** Fr Boys – 5', JV Boys – 5'2", JV Girls – 4'

**Schedules of Events**

**4:00**

**Field Events**

**4:30 p.m.**

Special Relay for week 3- 4 X 1600m

- 3200 m.Run (girls)
- 3200 m. Run (boys)
- 400 m Relay (girls)
- 400 m Relay (boys)
- 800 m.Dash. (girls)
- 800 m.Dash (boys)
- 100 m L.H. (girls)
- 110 m.H.H. (boys)
- 100 m Dash (girls)
- 100 m Dash (boys)
- 800 m Relay (girls)
- 800 m Relay (boys)
- 400 m dash (girls)
- 400 m dash (boys)
- 300 m hurdles (girls)
- 300 m hurdles (boys)
- 200 m dash (girls)
- 200 m dash (boys)
- 1600 m Run (girls)
- 1600 m Run (boys)
- 1600 m Relay (girls)
- 1600 m Relay (boys)

**SITE:** 27330 Oak Ridge School Rd, Conroe, TX 77385

**Awards:**

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place Medals. Team Trophy to the Champion

**Expectations at the meet:**

-Wear your "SC T&F" shirt, and sweats. Expect the **temperature to be in the mid 70s** during the peak time and lower to high 50s with wind of 10-20 mph. No other gear will be worn besides what was issued by the Coaches.

**-Please bring money to eat as there will be a concession stand.**

-Come with you water bottled filled up before you leave home.

-If you aren't running, you'll be cheering for your teammates.

-Warm up and cool down

-All equipment issues should be taken care of before Tuesday.