

# **Summer Creek Practice Meet**

## **Thursday Feb 8, 2018**

### **Field Events start @ 3:45**

Boys Shot Put-Girls Disc Girls Shot Put- Boys Disc

Pole vault (Freshman Boys, and Girls then JV/Varsity Guys)

High jump (Freshman Boys, and Girls then JV/Varsity Guys)

Girls Long Jump-Boys Triple Jump then rotate

\*HJ and PV if you want to start at a certain height with both boys and girls jumping then its ok

### **Running starts @ 4:45**

1600 meter run (heats against time)

400 meter relay (girls/boys)

600 meter run (heats against time)

100 meter hurdles (girls) \*1<sup>st</sup> Six Flights over hurdles, last 40m Flat...

110 meter hurdles (boys) \*1<sup>st</sup> Six Flights over hurdles, last 40m Flat...

100 meter dash (girls/boys)

\*800 meter relay (North Shore wants to run one)

300 meter dash (girls/boys)

300 meter hurdles (girls/boys) \*1<sup>st</sup> 200m over hurdles, last 100m flat...

200 meter dash (girls/boys)

5-10min Break

1600 meter relay (heats against time, distance guys/girls runs first)

### **Lane Assignments will be as follow:**

**Summer Creek-** Lane 2 and Lane 5; LJ, HJ, SP

**North Shore-** Lane 4 and Lane 7; Disc, TJ, PV

\*Lane 1 and Lane 8 will be open to any extra runners from any school.

\*3 jumps and 3 throws

\*Coaches are responsible for timing their own athletes. Throws and Jumps will be measured if over a certain distance. Minimal mark to be determined by coaches

### **Driving Directions**

Summer High School- 14000 Weckford Houston, TX 77044

Take Beltway 8 East to intersection with West Lake Houston Parkway. Go Right at the light. You will see the school on the west side of Beltway 8.