

SUMMER CREEK TRACK MEET

Feb. 21st, 2018

Host School: Summer Creek High School

Kingwood High School will be hosting this week North Houston Track and Field League Invitational at Summer Creek High School. Check in for the athletes will take place at 12:30 pm in football conference room.

Athletes must attend both training days in order to compete Wednesday.

The meet schedule will be as follows:

FIELD EVENT ROTATIONS :

HIGH JUMP	Fr Boys	then	JV Boys	then	JV Girls
LONG JUMP	JV Girls	then	Fr Boys	then	JV Boys
TRIPLE JUMP	JV Boys	then	JV Girls	then	Fr Boys
POLE VAULT	Boys (Combine if possible)	then	JV Girls (Combine)		
SHOT PUT	JV Girls	then	Fr Boys	then	JV Boys
DISCUS	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 2- Sprint Medley Relay (200-200-400-800)

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: Summer Creek High School

Awards:

1st, 2nd, and 3rd 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 low 60s with rain. 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.