

**SUMMER CREEK
TRACK and FIELD MEET
Feb 15, 2018
@ Summer Creek**

Scratch Meeting at 3:30, Field Events at 4:00, and Running Events will start at 4:30 UIL schedule.

All runners must report to check in by 12:30 pm in the football conference room. **Once checked in we will go over the entries and then proceed to the track to complete a Pre Meet. Teams in attendance include: Summer Creek, Kingwood, Klein, C.E King, North Shore.** The meet schedule will be as follows:

FIELD EVENT ROTATIONS :

HIGH JUMP	Fr Boys then	JV Boys then	JV Girls
JV Girls	Fr Boys then	JV 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 1- 1200-400-800-1600 DMR

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 CreekHS

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 high 70s** during the peak time and lower to low 60s with a 20% chance of 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 your 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 Thursday.