

Tri-meet @ MNHS
McKinney North - The Colony - Hebron
February 9th, 2023

*** Drop your athletes at the Gate Entrance to Track (south end off of Wilmeth dr); park busses in the band Parking lot at the North end of the school by the baseball field ***

(Tentative) Time schedule:

Field Events:

4:00 - Girls shot put (3 throws - MEASURE the furthest only)
Boys discus (3 throws - MEASURE the furthest only)
Boys (west pit) high jump
Girls long jump (3 jumps - MEASURE only if the jump is beyond the cone)
Girls Pole Vault followed by Boys Pole Vault

5:00 - Boys shot put (3 throws - MEASURE the furthest only)
Girls discus (3 throws - MEASURE the furthest only)
Girls (east pit) high jump
Boys long jump (3 jumps - MEASURE only if the jump is beyond the cone)

Running Events:

4:30pm - 3200m run
6:00pm - 4 x 100m relay
6:10pm - 800m run
6:25pm - 100H/110H (first 7 hurdles)
6:40pm - 100m dash
6:55pm - 4 x 200m relay (no blocks)
7:10pm - 400 m dash (no blocks)
7:25pm - 300H
7:40pm - 200m dash
7:55pm - 1600m run
8:10pm - 4x400m relay (no blocks)