

300 Hurdles (30") **First Event**
 2400 Meter Run **6 laps**
 400 Relay
 800 Meters
 100 Meters
 800 Relay
 400 Meters
 200 Meters
 1600 Meters
 1600 Relay 1
 110 Hurdles (36")

7th Girls Shot Put followed by 8th
 8th Girls Discus followed by 7th
 7th Girls Long Jump followed by 8th
 8th Girls Triple Jump followed by 7th
 7th Girls High Jump followed by 8th

Girls Running Events (7th, 8th)

300 hurdles
 100 Hurdles (30")
 2400 Meters **6 Laps**
 400 Relay
 800 Meters **2 Laps**
 100 Meters
 800 relay **4 x 2**
 400 Meters
 200 Meters
 1600 Meters **4 Laps – Lap Counter**
 1600 Relay

Boys Field Events (3 attempts only)

7th Boys Shot Put followed by 8th
 8th Boys Discus followed by 7th
 7th Boys Long Jump followed by 8th
 8th Boys Triple Jump followed by 7th
 7th Boys High Jump followed by 8th

Judging Responsibilities

School/Coach	Event	Tape/rod	Rake	Issued	Returned
CHS/Hernandez	High jump (B)				
CHS/Hernandez	High jump (G)				
GHS/Smyth	Long jump				
GHS/Smyth	Triple jump				
STHS/Solis	Shot put (B)				
STHS/Solis	Shot put (G)				
Alderette	Discus (B)				
Gadsden	Discus (G)				
STMS	1 st Exchange	Flag			
STMS	2 nd Exchange	Flag			
STMS	3 rd Exchange	Flag			

Please return all radios and items that were issued to Mr. Mora

- No metal spikes allowed in the stands. No jewelry of any type allowed. No sunflower seeds, gum, or Gatorade allowed on the track or football field.
- No sports equipment other than those used in the meet. Ex. (footballs, soccer balls, etc.) No boom boxes or music amplifiers.
- Coaches must direct athletes to stay in the areas listed on the layout only.
- Team canopies may be set up only in the area of the check in and trainer canopy.

List of events:

The following is what the Athletic Directors agreed to: 800 M. Relay: All runners will stay in their lanes Shot Put: Girls & Boys: 4k (8.81 lbs.)

Discus: Girls & Boys: 1k (2.20 lbs.)

Hurdles: Hurdle heights are listed below next to each of the events.

High jump starting heights for the first meet: 7G-3'6"; 8G- 3'8"; 7B-3'8"; 8B-4'0"--later in the season each meet director can make changes to the starting heights.

Each host school can decide how and when entries will be due. SEISD, Clint ISD, Fabens ISD, & Gadsden ISD will use Runner card for entries. Please look for the date & time when entries are due for each meet.

7:45 Teams arrive & coaches make minimal changes to event sheets. 8:45

8:45 **Girls 300 Hurdles (30") No Holes show / Boys** – two holes show

9:00 **Boys Running Events (7th, 8th)**

Girls Field Events (3 attempts only)

Gadsden I.S.D. Track Meet 2019

Hosted by: Gadsden Middle School

Date: February 9, 2019

Time: 9:00 am

Location: Santa Teresa High School @ 100 Airport Road

Contacts: 915- 491-6161 (Athletic Coordinator) Mr. Julian Mora

Competing Schools: Gadsden, Alderete, Anthony, Chaparral, Canutillo and Santa Teresa

**Deadline for entries made to Runner card for Gadsden Middle School
Invite Meet by Thursday, February 7, at 9:00 am.**

Information:

- Runnecard deadline will be at 9am on February 7. You may enter scratches for any assigned event. No new entries allowed day of meet.
- Final call is final call. If the athlete/s is/are not on the starting line, they will be disqualified. Coaches, it is your responsibility to have them ready.
- Visiting coaches will be assigned a field event to judge. All tapes and other equipment will be provided from a sign out sheet. Please make sure to sign the equipment back in after your event is completed.
- **Athletes must stay off of the football field.** Coaches please stay away from the starting and finishing areas unless you are a timer. Only those competing in the high jump and relays will be allowed if they are next to compete.
- DO NOT ALLOW YOUR RELAY TEAMS TO PRACTICE ON THE FOOTBALL FIELD