SEWAC TRACK MEET 2018

High School and Junior High

May 5, 2018 - Glenrock, WY

9:00 am **Final Scratches due - SW entrance - GHS**

10:00 am **Junior High Field Events Begin**

(4 jumps/throws - no Finals)

Girls Shot - Boys Follow

Boys Discus - Girls Follow

Boys Long Jump - Boys Triple Jump (SE pit)

Girls Triple Jump- Girls Long Jump (NW pit)

Girls High Jump - Boys High Jump

Boys Pole Vault - Girls Pole Vault

10:30 am 1600 Sprint Medley Relay HS 200-200-400-800

JH 100-100-200-400

**HS Girls, HS Boys, JH Girls, JH Boys - please note**

**HS races first - for more rest time before 3200 relay**

11:15 am **High School Field Events Begin**

(3 jumps/throws in prelims - 3 more in finals)

Girls Shot - Boys Follow

Boys Discus - Girls Follow

Boys Long Jump - Boys Triple Jump (SE pit)

Girls Triple Jump - Girls Long Jump (NW pit)

Girls High Jump - Boys High Jump

Boys Pole Vault - Girls Pole Vault

11:30 am HS - 3200 m Relay - Girls followed by boys FINALS

Noon **Running Events Start - ALL FINALS**

100 m hurdles- JH Girls, JH Boys, HS Girls

110 m hurdles - HS Boys

100 m dash - JH Girls, JH Boys, HS Girls, HS Boys

1600 m run - JH Girls, JH Boys, HS Girls, HS Boys

4 x 100 m relay - JH Girls, JH Boys, HS Girls, HS Boys

400m dash - JH Girls, JH Boys, HS Girls, HS Boys

Short Break

200m hurdles - JH Girls, JH Boys

300 m hurdles - HS Girls, HS Boys

800 m run - JH Girls, JH Boys, HS Girls, HS Boys

200 m dash - JH Girls, JH Boys, HS Girls, HS Boys

3200m run - HS Girls, HS Boys

4 x 400 m relay - JH Girls, JH Boys, HS Girls, HS Boys