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