

**Frisco ISD Regional Qualifier
ORDER OF EVENTS**

Date: Friday April 22, 2011

Location: FISD Memorial Stadium

Scratch Meeting/Payment: 4:00 in East end zone

ORDER OF EVENTS:

4:30 3200 m run Girls, then Boys

4:30 Field Events (begin at 4:30 or ASAP)

Long jump	B, G	3 Jumps (West pit, closest to scoreboard)
Triple jump	G, B	3 Jumps (East pit, closest to football field)
High jump	G, B	Girls 4' 10" Boys 5' 10"
Shot	B, G	(shots will be pooled) prelims and finals
Discus	G, B	(pooled) prelims and finals
Pole vault*	B&G	2 Runways

***Boys Session 1=12'6" Session 2=10'6" Girls Session 1= 9'6" Session 2= 7'6"**

Coaches and workers EAT.

6:00 Running events (timed finals—LAST HEAT WILL BE FAST HEAT)

**4 x 100 R
800 M
100 H
110 H
100 M
4 x 200 R
400 M
300 H
200 M
1600 M
4 x 400 R**

Notes:

- 1) Please contact Chris Pawlak (pawlakc@friscoisd.org, 972.342.6726) for entries and questions
- 2) Entry fee is \$15 per athlete Please bring payment to scratch meeting, if you must mail, mail to
Frisco ISD
6950 Stadium Lane
Frisco, TX 75034
- 3) We will use Athletic.net for entries
- 4) We have a 7 lane track, fastest time per heat will be placed in lane 4

Directions to the meet:

***From Toll Way – turn east on 720 (Main St.) – turn north on North County (Double Dip Ice Cream) – Stadium is ¾ mile on the west side. Located next to Staley Middle School**

***From Preston (289) – turn west on 720 (Main St.) –turn north on North County (Double Dip) – Stadium is ¾ mile on the west side. Located next to Staley Middle School**