

**2024 LEWIS & CLARK CONFERENCE TRACK & FIELD MEET
AT PONCA HIGH SCHOOL
SCHEDULE OF EVENTS**

9:00am **Coaches Meeting**

10:00am **Scratches/Adds due (if it does not create another heat)**

9:30am Discus -----Girls – Boys
Shot Put -----Boys – Girls
Pole Vault-----Girls - Boys
High Jump ----- Boys – Girls
Long Jump -----Girls – Boys 1st Runways determined day of meet
Triple Jump -----Girls – Boys 2nd Runways determined day of meet
*The girls and boys Long Jump will take place before Triple Jumps!

1:00pm Prelims

4 x 800 Relay ----- Girls -----Final
4 x 800 Relay ----- Boys -----Final
100 Hurdles ----- Girls -----Prelim
110 High Hurdles --- Boys -----Prelim
100 ----- Girls -----Prelim
100 ----- Boys -----Prelim
400 ----- Girls -----Final
400 ----- Boys -----Final
3200 ----- Girls -----Final
3200 ----- Boys -----Final
200 ----- Girls -----Prelim
200 ----- Boys -----Prelim

Finals:

100 Hurdles ----- Girls
110 High Hurdles ----- Boys
100 ----- Girls
100 ----- Boys
800 ----- Girls
800 ----- Boys
300 Hurdles ----- Girls
300 Hurdles ----- Boys
200 ----- Girls
200 ----- Boys
1600 -----Girls
1600 ----- Boys
4 x 100 Relay ----- Girls
4 x 100 Relay ----- Boys
4 x 400 Relay ----- Girls
4 x 400 Relay ----- Boys