

**Frisco ISD Regional Qualifier
ORDER OF EVENTS**

Date: Friday, April 18

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	(West pit, closest to scoreboard)
Triple jump	G, B	(East pit, closest to football field)
High jump	G, B	
Shot	B, G	(shots will be pooled)
Discus	G, B	(pooled)
Pole vault	B, G	

Coaches and workers EAT!!

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

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

Notes:

- 1) Please contact Chris Pawlak (pawlakc@friscoisd.org, 469-633-2880) for entries and questions
- 2) Entry fee is \$10 per athlete
- 3) It is important to include performances with the athlete's entry; all those without performances will be placed in slow heat.
- 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**