



Galloway Track Meet

Wednesday, April 3, 2019

Welcome to Galloway's home meet. We are looking forward to hosting you and your track team.

Entry fee: no entry fee.

Limits to entries: 4 individuals per event and 2 relay teams. Entries in the 1600 and 3200 are unlimited.

Facilities: The Galloway Athletic Complex is located at: 2400 Defoors Ferry Road, Atlanta, GA 30318. We will have concessions and bathrooms available. We ask that tents not to be set up in the in field, but immediately to the left after entering the gate. Athletes may warm-up on the lower soccer field.

Athletic Trainer: We will have an Athletic Trainer on site to assist your athletes.

Heats: Heats will be run as a final against the clock.

Results: Will be posted on the marque near the start of the 100 m

Assistance: Galloway will provide meet responsibilities for the **running events** and **secondary assistance** with field events. We will need assistance with the field events.

Shot Put
Discus
High Jump
Triple Jump
Long Jump
Pole Vault

Schedule of Events: (Rolling Schedule) Girls followed by boys

3:00pm- Track will be open

3:45pm- Coaches Meeting at the tent near the finish line

4:00pm – Field Events

session 1 Girls/Boys PV, Girls DT, Boys SP, Girls LJ, Boys HJ, Boys TJ

session 2 Girls/Boys PV, Boys DT, Girls SP, Boys LJ, Girls HJ, Girls TJ

Rolling schedule:

4 x 100
1600
400
100
100/110 hurdles
800
200
300 hurdles
3200
4 x 400