

Friday Night Lights MEET SCHEDULE - 2019

4:00 PM Coaches Meeting At the Starting Line

Version 2

FIELD EVENTS 4:15pm start

Gender	Event	Start time	2017 Actual entry counts	Comments	Individual awards to be given continuously at the end of each event
1	Girls High Jump	4:15pm	28	Starting Height 4'6"	
2	Girls Long Jump	4:15pm	34	3 flights	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 15'
3	Boys Long Jump	4:15pm	46	3 flights	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 19'
4	Girls Pole Vault	4:15pm	19		Starting Height 7' 0"
5	Girls Shot Put	4:15pm	42	3 flights	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater
6	Boys Discus	4:15pm	44	3 flights	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than 100'
7	Boys High Jump	4:15pm	37		Starting Height 5'8"
8	Girls Triple Jump	5:45pm	27	2 flights	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 30'
9	Boys Triple Jump	5:45pm	34	3 flights	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 40'
10	Boys Pole Vault	5:45pm	21		Starting Height 9' 6"
11	Boys Shot Put	5:45pm	44	3 flights	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than 40'
12	Girls Discus	5:45pm	40	3 flights	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than 80'

RUNNING EVENTS 4:15 pm Start

Gender	Event	Start time	2017 Actual entry counts	2017 ACTUAL # of heats	Runners or Relay teams per heat	Average Time per heat	Time for Event (minutes)	Comments	
								Individual awards to be given continuously at the end of each event	
all running events- slowest heat is 1st and fastest heat is last									
30-5	Boys 3200m-slow heat	4:15pm	60	1	30+ boys, running 11.00.0 or slower	12	15	will use milesplit to verify times for fast slow heat placement	
13	Girls 1600m	4:30pm	52	3	~20 runners per heat, fastest heat is last	8	24	will allow a 4th & 5th girl runner if under 6 minutes	
14	Boys 1600m	4:55pm	69	3		7	21	will allow a 4th & 5th boy runner if under 5 minutes	
15	Girls 100m Hurdles	5:15pm	38	5	8	2.5	12.5	4 lanes of hurdles to be on the track during 1600m	
16	Boys 110m Hurdles	5:30pm	41	6	8	2.2	13.2	Add 5 minutes at end to move hurdles OFF of track	
	Military Appreciation	5:45pm					10		
17	Girls 4x100m Relay	5:55pm	21	3	8	4	12		
18	Boys 4x100m Relay	6:10pm	24	3	8	4	12		
19	Girls 400m	6:25pm	60	8	8	2.4	19.2		
20	Boys 400m	6:45pm	72	9	8	2.4	21.6		
21	Girls 100m	7:05pm	59	8	8	1.5	12		
22	Boys 100m	7:20pm	70	9	8	1.4	12.6		
23	Girls 800m	7:35pm	54	3	~20 runners per heat, fastest heats have ~12-14 runners, fastest heat is last	4	12	will allow a 4th runner if girl under 2:45	
24	Boys 800m	7:50pm	76	4		4	16	will allow a 4th runner if boy under 2:10	
25	Girls 200m	8:05am	63	8	8	1.8	14.4		
26	Boys 200m	8:20pm	69	9	8	1.7	15.3	Add 5 minutes at end to move hurdles onto track	
27	Girls 300m Hurdles	8:35pm	49	7	8	1.75	12.25		
28	Boys 300m Hurdles	8:50pm	57	8	8	1.75	14	Add 5 minutes at end to move hurdles OFF of track	
29	Girls 3200m	9:05pm	30	1	lapped runners go to lane 3	16	16	will allow a 4th & 5th girl runner if under 13:30 minutes	
30-F	Boys 3200m-fast heat	9:20pm	60	2	Fast Heat 10.59.99 or faster, ~25 boys	13	26	will allow a 4th & 5th boy runner if under 11:00 minutes	
31	Girls 4x400m Relay	9:50pm	23	3	8	6	18		
32	Boys 4x400m Relay	10:10pm	24	3	8	6	18		
	Meet Finished	10:30pm							
	Team Award	10:35pm	top 3 team get trophies						