

Meet Schedule for Longhorn Stampede at Lambert HS, Saturday, March 2, 2024

Schedule

8:40 am Coaches Meeting

9:00 am Field Events

Shot Boys/Girls (Throwing area is near the tennis courts)

Discus Girls/Boys (Throwing area is near the tennis courts)

Long Jump Boys/Girls

Triple Jump Boys/Girls (Will follow Long Jump)

High Jump Girls/Boys

Pole Vault Girls/Boys

Slower Heats of the 1600m Run (Girls followed by boys)

11:30 am Running Events (Rolling Schedule; Girls Heats followed by Boys Heats)

4x800 Meter Relay

100/110 Meter Hurdles

100 Meter Dash

4x200 Relay

1600 Meter Run

4x100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run (1-turn stagger)

200 Meter Dash

3200 Meter Run

4x400 Meter Relay