

Remember the Titans

Thursday, March 19, 2026

Discovery High School (1335 Old Norcross Rd, Lawrenceville, GA 30046)

Transportation: We have a bus for this meet. The first 45 who sign up can ride it to the meet. [Click here to sign up for the bus.](#) Coach Dehnke will message parents on GroupMe once we leave Discovery to head back to Brookwood.

If you ride the bus TO the meet, you MUST ride the bus home FROM the meet. The bus leaves at 2:35 PM from the field house. The bus will not wait for you.

Meet Schedule

For all running events except hurdles, girls' heats will precede boys' heats.

[Click here to see individual event entries.](#)

Field Events:

4:00 PM Long Jump (girls then boys)
 High Jump (boys then girls)
 Shot Put (girls then boys)
 Discus (boys then girls)

Running Events: (rolling schedule after 4:30 - all times after 4:30 are **guesses**).

This meet has a HUGE number of entries, so the speed of the meet could vary greatly from what I have below, depending on how it is managed. Be warned!

4:30 PM Boys 110m hurdles
4:40 PM Girls 100m hurdles
4:50 PM 100m
6:00 PM 1600m
6:25 PM 4 x 100m Relay
 A: Groce, L Johnson, C Williams, M Johnson
 B: T Brown, Boothe, Blount, J Woods
6:40 PM 400m
7:30 PM 300m hurdles
7:55 PM 800m
8:15 PM Throwers 50m
8:30 PM 200m
9:15 PM 3200m
9:30 PM 4 x 400m Relay
 A: Simpson, Reyes, L Johnson, Blount
 B: Roach, Sheppard, Hare, Lo

Admission: there will be an admission charge for non-athletes.

[Click here to access the meet page on Milesplit.](#)

Reminders:

- ARRIVE EARLY:** allow plenty of time to warm up and check in for your events.
- Be prepared:** dress for the weather by wearing layers; bring rain gear.
- Be prepared:** bring healthy snacks and fluids for before, after, and between events.
- After competing:** jog, cool down and stretch before you leave.