

# 40th ANNUAL ALL-LUTHERAN TRACK MEET

## May 11, 2024

**8:30am Coaches Meeting** Press Box (pick-up shirts, pay fees, scratch/add)

### **FIELD EVENTS - 9:30 AM START**

Boys Shot Put	East ring (Class A, B)
Boys Discus	South ring (Class B, A)
Girls Shot Put	West ring (Class B, A)
Girls Discus	North ring (Class A, B)
Boys Long Jump	North Pit (Class A, B), followed by Boys Triple Jump
Girls Long Jump	South Pit (Class A, B), followed by Girls Triple Jump
Boys High Jump	West Mat (Class B, A)
Girls High Jump	East Mat (Class A, B)

### **RUNNING EVENTS - 11:00 AM START**

#### **ALL FINALS - Girls, then Boys (Class B, then A)**

1600m Run

100m Hurdles (30" Girls Class B, A, Boys Class B) (33" Boys Class A)

100m Dash

400m Dash

200m Hurdles (30" Girls Class B, A, Boys Class B) (33" Boys Class A)

800m Run

200m Dash

400m Relay

1600m Relay

800m Mixed Medley Relay (100, 100, 200, 400 - 2 Girls/2 Boys)