



Frisco ISD Athletics

Schedule of events

7:30 Coaches Meeting

8:30 AM - Field Events

- Long jump VB, VG, JVB, JVG - 4 jumps, no finals (West pit, closest to scoreboard)
- Triple jump JVG, VB, VG, JVB - 4 jumps, no finals (East pit, closest to football field)
- High jump JVB, JVG, VB, VG - VAR: Girls 4' 4" Boys 5' 4" *JV: Girls 4'0" Boys 5'0"*
- Shot VB, VG, JVG, JVB - 4 attempts, no finals (shots will be pooled)
- Discus JVG, JVB, VG, VB - 4 attempts, no finals (pooled)
- Pole vault VB, VG, JVB, JVG - VAR: Girls 7'6" Boys 9'0" *JV: Girls 6'6" Boys 7'6"*

10:00 AM - 3200m - JVG, VG, JVB, VB

1:00 PM- Running: Rolling Schedule (Order of Events: JVG, VG, JVB, VB)

- 4x100 Relay
- 800 M
- 100 H
- 110 H
- 100 M
- 4 x 200 Relay
- 400 M
- 300 H
- 200 M
- 1600 M
- 4 x 400 Relay