North Richland Hills Itinerary

2/15/18

**Place:**

**Richland High School**

**5201 Holiday Lane East**

**North Richland Hills, TX 76180**

**Time:**

**1:30 pm – all runners depart from Reedy**

**What to bring:**

* **You must wear uniform under meet shirt and sweats.**
* **Watch**
* **Extra socks and clothes (Reedy gear or colors)**
* **Any snacks or water/Gatorade that you need or like**

**Meet Schedule:**

**3:15 pm Field Events**

**Discus (3 throws) - VB, JVB, VG, JVG**

**Shot Put (3 throws) - VG, JVG, VB, JVB**

**Triple Jump (3 jumps, no finals) - VG, JVG, VB, JVB**

**Long Jump (3 jumps, no finals) - VB, JVB, VG, JVG**

**High Jump - VG, VB, JVB, JVG**

**Pole Vault - VG, VB, JVB, JVG**

**4:00 pm 3200 Meter Run**

**5:30 pm Running Events – JVG, JVB, VG, VB (except hurdles)**

**400m Relay**

**800m Run**

**100/110m Hurdles (JVG, VG, JVB, VB)**

**100m Dash**

**800m Relay**

**400m Run**

**300m Hurdles (JVG, VG, JVB, VB)**

**200m Dash**

**1600m Run**

**1600m Relay**