

# Middle School Track Schedule

12/12/2019

## 2020

February 13, 2019	Quad Meet (Running Events Selected)	Paul Tyson Track
February 20, 2019	Quad Meet (Field Events)	UHS Track
February 27, 2019	Temple Meet	Temple H.S.
March 4, 2019	China Spring Meet	China Spring H.S.
March 19, 2019	LaVega Meet	LaVega H.S.
March 24, 2019	City Championship (Field Events)	UHS Track
March 25, 2019	City Championship (Running Events)	Paul Tyson Track

### Practice Priorities:

1. Using starting blocks for all relay starts + sprints (i.e.400m on down).
2. Emphasize Field Events, and Hurdles.
3. Teach Baton Exchanges on all 3 relays.
4. When possible, combine coaches to divide and conquer.
5. Have Fun!!

### Lane Assignments:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

### Quad Meet order of Events

4x100 Relay

800 M Run

100 M Hurdles '30'

110 M Hurdles '36'

4x200 Relay

300 M Hurdles

1600 M Run

4x400 Relay

### Suggested Staff Organizations

2 Coaches	Sprints
1 Coach	Distances
2 Coaches	Horizontals
1 Coach	HJ/PV
1 Coach	Throws