



Regional Qualifier Track Meet
FISD Memorial Stadium
Friday, April 23

Dear Coach,

You are invited to attend our regional qualifier meet. We hope to see you there.

Please contact Chris Pawlak (pawlakc@friscoisd.org, 469.633.2880) to confirm your attendance.
Email is preferred.

Important Information

- 1) Please email entries, with performance (time/dist), no later than **5:00 on April 21**.
- 2) Entry fee is **\$15** per athlete (please do not mail, just pay at the door)
- 3) 7 lane track, fastest time per heat will be in lane 4.
- 4) Scratch meeting will begin at 4:00 in the East end zone.
- 5) There will be a meal provided for coaches.
- 6) **There will be 2 runways for polevault to prevent the event taking so long, and pushing the girls late. Girls will be on the portable runway.

Good Luck,

FISD Track Coaches

Frisco ISD Regional Qualifier ORDER OF EVENTS

Date: Friday, April 23

Location: FISD Memorial Stadium

Scratch Meeting/Payment: 4:00 in East end zone

ORDER OF EVENTS:

4:30 **3200 m run** Girls, then Boys

4:30 **Field Events** (begin at 4:30 or ASAP)

Long jump	B, G	3 Jumps (West pit, closest to scoreboard)
Triple jump	G, B	3 Jumps (East pit, closest to football field)
High jump	G, B	Girls 4' 10" Boys 5' 10"
Shot	B, G	(shots will be pooled) prelims and finals
Discus	G, B	(pooled) prelims and finals
Pole vault	B&G	2 Runways Boys 10'6" Girls 8'6"

Coaches and workers EAT.

6:00 **Running events** (timed finals—LAST HEAT WILL BE FAST HEAT)

4 x 100 R
800 M
100 H
110 H
100 M
4 x 200 R
400 M
300 H
200 M
1600 M
4 x 400 R

Notes:

- 1) Please contact Chris Pawlak (pawlakc@friscoisd.org, 469-633-2880) for entries and questions
- 2) Entry fee is \$15 per athlete. Please bring payment to scratch meeting, if you must mail, mail to Frisco ISD
6950 Stadium Lane
Frisco, TX 75034
- 3) It is important to include performances with the athlete's entry; all those without performances will be placed in slow heat.
- 4) We have a 7 lane track, fastest time per heat will be placed in lane 4

Directions to the meet:

***From Toll Way – turn east on 720 (Main St.) – turn north on North County (Double Dip Ice Cream) – Stadium is ¾ mile on the west side. Located next to Staley Middle School**

***From Preston (289) – turn west on 720 (Main St.) –turn north on North County (Double Dip) – Stadium is ¾ mile on the west side. Located next to Staley Middle School**