

Track Houston Intrasquad Meet Schedule

Dulles High School

550 Dulles Avenue 77478

April 6, 2024 Start time 8:00 am

Athlete Registration Fee: \$10.00

Track Events

Warm-up for All 8:00 a.m.

3000m - 11-12 Up

80m Hurdles - 11-12 Only

100m Hurdles - 13-14 Up

110m Hurdles - 15-16 Boys, 17-18 Boys

100m - 8U Up

400m - 8U Up

Break

800m - 11-12 Up

1500m - All

Field Events

Field Events start at 8:30 a.m.

Athletes 12 and under only:

Discus

Long Jump

Shot Put

Turbo Javelin

Athletes 13 and up

10:30 a.m. Long Jump training and evaluation.

Runners please arrive at

Running begins promptly at 8:45 a.m.

Athletes:

Wear your uniforms. Bring your spikes or visit the 'gently used spike' table. Bring your labeled water, a healthy snack, and a positive attitude and let's run.

Parents:

Visit the merchandise tent and purchase your Track Houston swag items. Pick up or donate spikes at our 'gently used spikes' table. Label all your child's items.