



**Track Dynamite Practice Meet**  
**June 6, 2020**  
**Meet Schedule**



**Results at [www.ntxtiming.com](http://www.ntxtiming.com)**

**10:00 AM**

**4x100: Run all teams together (17-18 B, 17-18 G) (3 Teams)**

**800 M Run:**

**Heat 1: 11-12 B, 13-14 B, 15-16 B (12 Athletes)**

**Heat 2: 17-18 B (10 Athletes)**

**Heat 3: 9-10 G, 13-14 G, 15-16 G (11 Athletes)**

**Heat 4: 17-18 G (7 Athletes)**

**400 M Hurdles: Run together (15-16 B, 17-18 G) (30") (2 Athletes)**

**100 M Hurdles:**

**Heat 1: 13-14 G (30") (1 Athlete)**

**Heat 2: 15-16 G, 17-18 G (33") (2 Athletes)**

**---- *These two races can be ran together, but make sure the hurdle heights are correct* ----**

**110 M Hurdles: 1 Race (15-16 B) (39") (1 Athlete)**

**100 M Dash:**

**Heat 1: 8U B, 9-10 B (4 Athletes)**

**Heat 2: 11-12 B, 13-14 B (4 Athletes)**

**Heat 3: 15-16 B, 17-18 B (4 Athletes)**

**Heat 4: 11-12 G, 13-14 G, 15-16 G (5 Athletes)**

**Heat 5: 17-18 G (4 Athletes)**

**Heat 6: 17-18 G (5 Athletes)**

**400 M Dash:**

**Heat 1: 8U B, 9-10 B (4 Athletes)**

**Heat 2: 11-12 B, 13-14 B, 15-16 B (5 Athletes)**

**Heat 3: 11-12 G (3 Athletes)**

**Heat 4: 13-14 G (4 Athletes)**

**Heat 5: 15-16 G (3 Athletes)**

**Heat 6: 17-18 G (4 Athletes)**

**Heat 7: 17-18 G, 17-18 B (5 Athletes) (4 Girls, 1 Boy)**

**1500 M Run:**

**Heat 1: 13-14 B, 15-16 B (10 Athletes)**

**Heat 2: 17-18 B (10 Athletes)**

**Heat 3: All Girls (10 Athletes)**

**200 M Dash:**

**Heat 1: 8U B, 9-10 B (5 Athletes)**

**Heat 2: 11-12 B, 13-14 B (5 Athletes)**

**Heat 3: 15-16 B (4 Athletes)**

**Heat 4: 17-18 B (2 Athletes)**

**Heat 5: 9-10 G, 11-12 G (4 Athletes)**

**Heat 6: 13-14 G, 15-16 G (5 Athletes)**

**Heat 7: 17-18 G (4 Athletes)**

**Heat 8: 17-18 G (4 Athletes)**

**Heat 9: 17-18 G (5 Athletes)**

**4x400 M Relay: Run all teams together (15-16 G, 17-18 G) (4 Teams)**

**Total Races: 35**

**Total Athletes: 84**