



## FOSSIL RIDGE HIGH SCHOOL | PANTHERS

### Competing Teams:

- Fossil Ridge
- Central
- Dallas Adams
- FW Southwest
- Arlington Heights
- Arlington Lamar
- Timber Creek
- Arlington Sam Houston

**\*\*\*\*Entries are due by Wednesday, March 23rd at 6pm on athletic.net.  
All entries will be locked at that time\*\*\*\***

**3:00 -3:30 PM** Scratch Meeting @ FRHS Field House  
Scratches only during this time

**JV and Varsity will have 3 attempts per field event  
(except for the pole vault and high jump)**

**4:15 PM** Field Events

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

High Jump **VG, VB (Pit 1)** **JVG, JVB (Pit 2)**

Long Jump **VB, VG, JVB, JVG** **(Pit 1- North Pit)**

Triple Jump **VG, VB, JVG, JVB** **(Pit 2-South Pit)**

Shot Put **Ring A (East Ring)** **VB/ JVB**

**Ring B (West Ring)** **VG/JVG**

Discus **Ring A (North Ring)** **JVG/VG**

**Ring B (South Ring)** **JVB/VB**

**4:30 PM** 3200M Run (JVG, JVB, VG, VB)

**5:30 PM** Running Events or conclusion of field events

*All running events will be run as finals.*



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## **Order of Events**

***JV Girls, JV Boys, Varsity Girls, Varsity Boys***

**3200M**

**400 Meter Relay**

**800 Meter**

**100 Meter Hurdles 33" (Girls)**

**110 Meter Hurdles 39" (Boys)**

**100 Meters**

**100 Meters Wheelchair**

**800 Meter Relay**

**400 Meters**

**400 Meters Wheelchair**

**300 Meter Hurdles 30"-36" (Girls/Boys)**

**200 Meters**

**1600 Meter**

**1600 Meter Relay**



## FOSSIL RIDGE HIGH SCHOOL | PANTHERS

(Opening Heights negotiable at scratch meeting)

### **Opening Heights:**

High Jump: the bar will go up 2" per height.

JVG	(4'2")
VG	(4'6")
JVB	(5'2")
VB	(5'6")

Pole Vault: the bar will go up 6" per height.

JVG	(6'0")
VG	(6'6")
JVB	(8'6")
VB	(9'6")

Long Jump:

JV Girls,	13'
JV Boys,	16'
Varsity Girls,	14'
Varsity Boys,	17'

Triple Jump:

JV Girls,	26'
Varsity Girls,	28'
JV Boys,	33'
Varsity Boys,	36'

Shot Put:

JV Girls,	20'
Varsity Girls,	25'
JV Boys,	30'
Varsity Boys,	35'

Discus:

JV Girls,	50'
Varsity Girls,	80'
JV Boys,	80'
Varsity Boys,	100'