

## Marble Falls Mustang Relays

February 27, 2025

*"I am a big believer in visualization. I run through my races mentally so that I feel even more prepared." -Allyson Felix (7 x Olympic Gold Medalist, 3 x Olympic Silver Medalist, 1 x Olympic Bronze Medalist. One of the most decorated athletes ever in any sport. 200m/400m)*

Depart from Lago Vista High School- 10:30AM

Coaches Meeting- 12:00PM

**3200m- 12:30PM** (JVG, VG, JVB, VB)

**Field Events- 1:00PM**

### ORDER OF EVENTS:

SHOT PUT = Ring 1 – VB followed by VG

SHOT PUT = Ring 2 – JVB followed by JVG

DISCUS = Ring 1 – VG followed by VB

DISCUS = Ring 2 – JVG followed by JVB

HIGH JUMP = Pit 1 – VB (5'6) followed by VG (4'6)

HIGH JUMP = Pit 2 – JVB (5'2) followed by JVG (4'2)

LONG JUMP = Pit 1 – VG followed by VB

LONG JUMP = Pit 2 – JVG followed by JVB

TRIPLE JUMP = Pit 1 – VB followed by VG

TRIPLE JUMP = Pit 2 – JVB followed by JVG

POLE VAULT = Pit 1 – (behind triple/long jump) – VG (7'0") followed by VB (10'0") -

**AFTER VARSITY PV:** JVG (6'0") followed by JVB (9'0")

\*All running events will be on a rolling schedule 30 minutes after the conclusion of Field events **(excluding pole vault)** and will be run as finals.

### Approx. 3:30 - Running Finals:

4 x 100 Relay - JVG, VG, JVB, VB

800 Meter Run - JVG, VG, JVB, VB

100 M Hurdles - JVG, VG

110 M Hurdles - JVB, VB

100 Meter Dash - JVG, VG, JVB, VB

4 x 200 Relay - JVG, VG, JVB, VB

400 Meter Dash - JVG, VG, JVB, VB

300 M Hurdles - JVG, VG, JVB, VB

200 Meter Dash - JVG, VG, JVB, VB

1600 Meter Run - JVG, VG, JVB, VB

4 x 400 Relay - JVG, VG, JVB, VB

**FIELD EVENTS** There will be 4 attempts in all horizontal jumps and throws. Athletes are allowed 1 attempt at a time according to the entry list (no multiple attempts). Implements will be pooled in the throwing events. Athletes will have 30 minutes to warm up at events. They will measure every throw in the shotput and discus.

Teams attending: Lago Vista, Fredericksburg, Burnet, Lampasas, Marble Falls, Davenport, Taylor, Florence

Expectations for the meet:

- Bring uniform top, uniform bottoms, black shorts, blue LV shirt, LV sweats, spikes, and trainers to warm-up in
- Lunch will be provided (sandwich platter), but bring extra snacks and water/gatorade
- Be prepared to be at the track meet all day. Bring sunscreen!!
- Be ready to cheer on all teammates during running and field events
- Hydrate, eat, and sleep well this week!!

*"I like to win all my races and that's the #1 goal – if it's a fast race and I have to hurt or I have to make other people hurt, then I'm ready to do that." - Cole Hocker, 1500m Olympic Champion (2024)*