

2024 LVMS "Practice" Track Meet

Wednesday, February 21st @ LVHS

3:15-3:30 Field Events

Shot Put - no shot at this meet

Discus - no discus at this meet

High Jump - B, G

Pole Vault - TBD

Long Jump - 8G, 7G, 7B, 8B

Triple Jump - 7B, 8B, 8G, 7G

4:30-5:00 Running Finals- 7G, 8G, 7B, 8B (Below is NOT a normal order of events)

100m Dash

800m Run

100m Hurdles

200m Dash

1600m Run

400m Dash

Important Information:

- 6/7/8th boys and girls participating in the meet will be bussed to the high school after 5th period. They will need to change into their athletic clothes and quickly get on a bus provided.
- Athletes will camp in the visitors stands. Parents are encouraged to attend and can sit in the home stands.
- Please bring your own water.
- We will not have a concession stand available so please bring your own snacks
- Race Uniform - please wear your athletics' class uniform
- Try to wear LV track sweats or sweats in LV colors or neutral colors (white, grey, black)