



R & L FUSION Elem/JH TRACK MEET ORDER OF EVENTS  
 THURSDAY, May 7, 2026 @ the Lambert Sports Complex  
 9:00 start time (field events), with running events @ 9:30



\*\*Event times are estimates. We will try to stay on schedule as best as possible; if we are able to move ahead with both the running and field events, we will do that as well. Running events take precedence over field events! Field events must be finished within the hour. Coaches' meeting at 8:30 in the shed. Scratches/substitutions by 8:30 am. No adds!

*Running Order: Elem girls, Elem boys, JH girls, JH boys. Marshalling at start lines in designated areas!! 3 jumps/throws only, and we will measure the farthest mark.*

**Running Events:**

9:30 100 m hurdles  
 100 m dash  
 400 m dash  
 1600 m run  
 (JH only)  
 50 m dash  
 (Elem only)  
 4X100 m relay  
 200 m hurdles  
 (JH only)  
 200 m dash  
 800 m run  
 800 m medley  
 (100-100-200-400)

**Field events:**

9:00	Pole vault	JH girls/boys
	Shot put	JH boys (east pit)
	Long Jump	JH girls (north pit)
	Discus	Elem boys (south pit)
	High jump	Elem girls
10:30	Shot put	JH girls (west pit)
	Long jump	JH boys (south pit)
	Discus	Elem girls (north pit)
	High jump	Elem boys
12:00	Shot put	Elem boys (east pit)
	Long jump	Elem girls (north pit)
	Discus	JH boys (south pit)
	High Jump	JH girls
	Triple Jump	JH boys (south pit)
1:30	Shot put	Elem girls (west pit)
	Long jump	Elem boys (south pit)
	Discus	JH girls (north pit)
	High jump	JH boys
	Triple jump	JH girls (north pit)

WORKERS: Starter—Joe Day Rider; Marshall—Kara Triplett; Announcer: Trish Verschoot; Finish Line—Carla Smith; Computer/Placing—Becky Carda/Jodi Carda; Scoring—JH: Deb Gibson; Elem: Alysia Mullin; Ribbons—Tommy Baldwin

JH POLE VAULT: Savage; Fairview  
 JH/Elem BOYS SHOT: Coach Lien  
 Elem/JH GIRLS LONG JUMP: Anita Mullin  
 Elem/JH BOYS DISCUS: Jade Robbins  
 Elem/JH GIRLS HIGH JUMP: Tayen Carda  
 JH/Elem GIRLS SHOT: Jolee Klempel  
 JH/Elem BOYS LONG JUMP: Trace Fulton  
 JH/Elem GIRLS DISCUS: Brooke Lien  
 Elem/JH BOYS HIGH JUMP: R&L Elem/JH Coaches  
 JH BOYS AND GIRLS TRIPLE JUMP: Brynne Hill

RELAY exchange zones (come check with Kara at the finish to get your flag and zone assignment): Bainville, Circle, Culbertson