**Longhorn Stampede**

**Lambert High School**

805 Nicholls Road, Suwanee, GA 30024

Saturday, March 7

9:00AM Start Time for field events

1st Round Field Events

Boys Shot Put

Girls Pole Vault

Boys Long Jump

Girls High Jump

Girls Discus

Boys Triple Jump

 2nd Round Field Events

Girls Shot Put

Boys Pole Vault

Girls Long Jump

Boys High Jump

Boys Discus

Girls Triple Jump

RUNNINGEVENTS: All common running event heats will be girls followed by boys.

9:45AM Start Time for running events – We will use a rolling schedule so the times below are hard to estimate. Each event generally takes between 20 and 40 minutes to complete. Please be at the meet site 1 hour before your scheduled event.

4x100 meter relay

1600 meter run

4x800 meter relay

400 meter run

100 meter dash

100/110 Hurdles

800 meter run

200 meter dash

300 meter Hurdles

3200 meter run

4x400 meter relay