



Track Coaches,

The Laredo Independent School District will be hosting its annual track meet on Saturday February 13, 2016. This year's track meet will be run according to the NFHS Track and field rules and guidelines. If you are interested in attending, please reply to Coach Jesse Esparza by email at jesparza003@Laredoisd.org in order to help us prepare.

- The price per teams are listed below. We will allow schools to enter extra athletes in the JV division as long as they register a second team. The entry fees are as follows:

1 Team	100.00
2 Teams	175.00
3 Teams	250.00
4 Teams	325.00
5 Teams	400.00



Please make checks payable to: Laredo Independent School District

- The following awards will be given:
 - Plaques for the top two teams in each division
 - Medals will be awarded to the first, second, and third place finishers per division.
 - Ribbons will be awarded to the fourth, fifth, and sixth place finishers per division.

- Meet sign-up

There will be a meet sign up on Saturday morning from 6:30 AM-7:30 AM in the lockers rooms located at Shirley Field. The boys entry sheets will be in the home locker room (west end) and the girls entry sheets will be in the visitor locker rooms (east end).

If you have any questions, please contact Coach Jesse Esparza at Laredo Cigarroa High School.

Office: 956-273-6901

Email: jesparza003@laredoisd.org

FIELD EVENTS

8:00 AM

Pole Vault	VB, VG, JVG, JVB
Shot Put	VB, VG
Shot Put	JVB, JVG
Discus	VG, VB
Discus	JVG, JVB
North Runway (West Pit)	JVBLJ, JVGLJ, VGLJ, VBLJ
South Runway (East Pit)	VGTJ, VBTJ, JVBTJ, JVGTJ
High Jump	VB, VG
High Jump	JVB, JVG

RUNNING EVENTS

9:00 AM

3200 M Run	JVG, VG, JVB, VB
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12:00

Weight Man/Woman 400 Meter Relay	Girls, Boys
400 Meter Relay	JVG, VG, JVB, VB
800 Meter Run	JVG, VG, JVB, VB
100 Meter Hurdles	JVG, VG, JVB, VB
110 Meter Hurdles	JVG, VG, JVB, VB
100 Meter Dash	JVG, VG, JVB, VB
800 Meter Relay	JVG, VG, JVB, VB
400 Meter Dash	JVG, VG, JVB, VB
300 Meter Hurdles	JVG, VG, JVB, VB
200 Meter Dash	JVG, VG, JVB, VB
1600 Meter Run	JVG, VG, JVB, VB
1600 Meter Relay	JVG, VG, JVB, VB

