



THUNDER TRACK & FIELD

Huskie Twilight Information

Friday, April 19, 2024

Echo Park Stadium

11901 Newlin Gulch Blvd., Parker, CO 80134

- Have fun!
- Do your best.
- Be coachable.
- Be a great teammate.

TRANSPORTATION

- Unfortunately, the district is unable to provide transportation to and from this meet.
- Athletes are to be released from school at 10:55.
- Athletes should be at Echo Park Stadium and ready for the team warm up by 12:00pm.

WHAT TO BRING

- All school issued uniform items
- Training shoes and competition shoes
- Layers of warm clothing, gloves, hat, extra socks
- Towel
- A trash bag to keep things dry in the event of rain
- Sunscreen
- Medication, if applicable
- Water
- Healthy snacks and lunch (protein, carbohydrates, fruits, vegetables)

MEET EDIQUETTE

- Be a credit to yourself, your family, your team, your school, and your community.
- Wear Discovery Canyon apparel and colors.
- All athletes will participate in the team warmup together.
- Cheer positively for your teammates. Never cheer against a competitor.
- Do your best. Be mentally and physically ready for each event in which you compete.
- Be gracious in both victory and defeat.
- Thank meet hosts and officials. Never criticize officiating.
- When not competing in an event, support your teammates. Support field events and running events.
- We will clean up our "team camp" area to make it look better than it did when we arrived.

Schedule of events as provided by the meet director:

We will run ahead of schedule, but no more than 30 minutes.

Field Events:

1:00 pm

Pole Vault	Boys	Finals
Triple Jump	Girls	Prelims/Finals
High Jump	Girls	Finals
Long Jump	Boys	Prelims/Finals
Shot Put	Girls	Prelims/Finals
Discus	Boys	Prelims/Finals

Directly following the completion of the early field events

Pole Vault	Girls	Finals
Triple Jump	Boys	Prelims/Finals
High Jump	Boys	Finals
Long Jump	Girls	Prelims/Finals
Shot Put	Boys	Prelims/Finals
Discus	Girls	Prelims/Finals

Track Events:

1:00 pm 800m Medley Relay	Girls	Finals (Heats v Time)
1:15 pm 4x800m Relay	Girls	Finals (Heats v Time)
1:45 pm 4x800m Relay	Boys	Finals (Heats v Time)
2:10 pm 100m High Hurdles	Girls	Finals (Heats v Time)
2:30 pm 110m High Hurdles	Boys	Finals (Heats v Time)
2:50 pm 100m Dash	Girls	Finals (Heats v Time)
3:05 pm 100m Dash	Boys	Finals (Heats v Time)
3:25 pm 4x200m Relay	Girls	Finals (Heats v Time)
3:40 pm 4x200m Relay	Boys	Finals (Heats v Time)
3:55 pm 1600m Run	Girls	Finals (Heats v Time)
4:10 pm 1600m Run	Boys	Finals (Heats v Time)
4:25 pm 4x100m Relay	Girls	Finals (Heats v Time)
4:40 pm 4x100m Relay	Boys	Finals (Heats v Time)
4:55 pm 400m Run	Girls	Finals (Heats v Time)
5:15pm 400m Run	Boys	Finals (Heats v Time)
5:40pm 300m Low Hurdles	Girls	Finals (Heats v Time)
5:00 pm 300m Intermediate Hurdles	Boys	Finals (Heats v Time)
6:20 pm 800m Run	Girls	Finals (Heats v Time)
6:40 pm 800m Run	Boys	Finals (Heats v Time)
7:05 pm 200m Dash	Girls	Finals (Heats v Time)
7:25 pm 200m Dash	Boys	Finals (Heats v Time)
7:45 pm 3200m Run	Girls	Finals (Heats v Time)
8:15pm 3200m Run	Boys	Finals (Heats v Time)
8:45 pm 4x400m Relay	Girls	Finals (Heats v Time)
8:55 pm 4x400m Relay	Boys	Finals (Heats v Time)
9:05 pm 1600m Run (elite section)	Girls	Finals (Heats v Time)
9:15 pm 1600m Run (elite section)	Boys	Finals (Heats v Time)