

**Tri (Quad) Meet**  
**McKinney North High School**  
**Thursday, Feb. 4th, 2021**

**Agenda:**

2:45PM        Release from class  
3:00PM        Load the bus  
3:05PM        Depart PHS  
3:25PM        Arrive at MNHS  
8:25PM        Leave MNHS  
8:45PM        Return to PHS

**Meet Schedule:**

(Tentative) Time schedule:

**Field Events:**

4:30 – Girls shot put (3 throws – MEASURE the furthest only)  
      Boys discus (3 throws – MEASURE the furthest only)  
      Boys (west pit) high jump  
      Girls long jump (3 jumps – MEASURE only if the jump is beyond the cone)  
      Girls Pole Vault followed by Boys Pole Vault (No Lights)

5:15 – Boys shot put (3 throws – MEASURE the furthest only)  
      Girls discus (3 throws – MEASURE the furthest only)  
      Girls (east pit) high jump  
      Boys long jump (3 jumps – MEASURE only if the jump is beyond the cone)

**Running Events:**

4:45pm – 3200m run  
6:00pm – 4 x 100m relay  
6:10pm – 800m run  
6:25pm – 100H/110H (first 8 hurdles)  
6:40pm – 100m dash  
6:55pm – 4 x 200m relay (no blocks)  
7:10pm – 400 m dash (no blocks)  
7:25pm – 300H  
7:40pm – 200m dash  
7:55pm – 1600m run  
8:10pm – 4x400m relay (no blocks)

**Covid Protocol:**

1. All athletes must wear their masks up until actually competing, then immediately put their masks back on.
2. We ask that all parents wear a mask, social distance as much as possible. No parents or fans will be allowed on the infield.

3. If you are signing your son or daughter out at the conclusion of their event you must have already turned in the **AthleticTravel Release Form** as well as find a coach to sign them out before leaving.

**Meals:**

All meals for the meet this week must be ordered by Wednesday, Feb. 3rd by 5:00PM. Each meal comes with salad/sandwich/wrap, a cookie, a cup of fruit, ranch dip and a bottle of water. All meals are ordered and paid online. [Click to order meals](#)

**Meet Location:**

2550 Wilmeth Rd,  
McKinney, TX 75071

[Directions to McKinney North High School](#)

**Weather:**

High 73  
Low 34  
W22 MPH

**Packing list for the Meet:**

- Uniform
- Sweats
- Extra socks
- Extra layers of clothes
- Running shoes
- Racing/jumping spikes
- Water
- Snacks
- Hat
- Gloves
- Sunscreen
- Book/Homework
- Watch
- Charger

## Night before Race

**Dinner:** Stay away from greasy foods. Try and load up on carbs, examples are pasta, rice, fish....

**Sleep:** This is very important, try and get 8 hours or as close to as possible.

**Hydrate:** Drinking in the morning won't help you much if you aren't hydrated already. A good rule is 1 ounce per pound that you weigh.