

**LAMBERT WEDNESDAY NIGHT #3  
LAMBERT HIGH SCHOOL  
MARCH 8, 2023**

(GoFan QR Code)



**ADMISSION:** \$5 via GoFan

\*Children 10 & under are free

**TRANSPORTATION:** We will have a bus for this meet (limited space – about 40 athletes maximum). The bus will leave from the front of NGHS at 2:30 p.m. Athletes who want to ride the bus must sign up here - <https://forms.gle/eV1jU9HaRK19UmGT9>

**MEET SCHEDULE**

Field Events

4:45 p.m. Shot Put: Boys then Girls (throwing area is near tennis courts)  
Discus: Girls then Boys (throwing area is near tennis courts)  
Long Jump: Boys then Girls  
High Jump: Girls then Boys  
Pole Vault: Girls then Boys  
Triple Jump (will follow Long Jump): Boys then Girls

Running Events

\*Events will follow a rolling schedule. An estimated schedule will be sent out the day or two prior to the meet. Times shown will be approximate. Meet may run earlier or later than listed.

4:40 pm 100/110 Hurdles  
~4:50 pm 100m Dash  
~5:15 pm 4x200 Relay  
~5:30 pm 1600m Run  
~6:00 pm 4x100 Relay  
~6:10 pm 400m Dash  
~6:20 pm 300m Hurdles  
~6:35 pm 800m Run (1-turn Stagger)  
~7:00 pm 200m Dash  
~7:45 pm 3200m Run (may be combined depending on # of entries)  
~8:15 pm 4x400 Relay

**ATHLETE CHECK-IN & MISC. INFO:**

- Check in for field events will be at the event.
- Athletes in each event need to know what heat and what lane they are in prior to checking in.
- Athletes in laned events will not need a hip number.
- Athletes in the 800, 1600, 3200, and anchor legs of the 4x400 relay will need hip numbers
- **ATHLETES THAT ARE NOT STAGED TO PARTICIPATE IN THE NEXT EVENT SHOULD NOT BE ON THE INFIELD.**