

## Practice Meet 2/11/16 Itinerary

Leave KC: 2:45

Arrive Back to KC: 7:30

### Field Events begin at 4pm

LJ Girls

SP Girls

DiscusGirls

HJ 4'

PV 6'

### Running Events begin at 5:00pm

**OR lanes 3,6,7    KC Lanes 1,4, 8**

800m

100H

100m

200H

200m

1600m

4x400mRelay

### **Directions to Oak Ridge from KC:**

Turn left on Spring Cypress

Take I-45 North

Take exit 77 towards Research Forest Drive

Turn right on Taminia

Turn right on David Memorial Rd

Turn left on Oak Ridge School Rd.

Follow road around to the back of school

Oak Ridge High School, 27330 OAK RIDGE SCHOOL RD

We will not be providing dinner so please bring extra snacks or something to eat with you to the meet.