**Lavergne High School Track Meet**

**Senior Night**

**Dual Meet vs Smyrna High School**

**April 17, 2024**

**Meet Program**

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| Time | Activity | Note |
| 4:30 p.m. | Warmups- Both Teams | Runners will take the infield to warm up. |
| 5:15 p.m. | Senior Introductions | **Smyrna High School** Seniors. Runners on the field can still warm up.  |
| 5:35 p.m. | Senior Introductions  | **Lavergne High School** Runners on the field can still warm up.  |
| 6:00 p.m. | 800M Run |  |
| 6:10 p.m. | 4x400M Relay |  |
| 6:20 p.m. | 100M Dash |  |
| 6:30 p.m. | 4x800M Relay |  |
| 6:40 p.m. | 200M Dash |  |
| 6:50 p.m. | Intermission: Halftime | Dance PerformanceCheer PerformancesAlumni Recognition |
| 7:25 p.m. | Throwers 4x100M Relay | Throwers |
| 7:35p.m. | 1600M Run |  |
| 7:45 p.m. | 4x200 Relay |  |
| 7:55 p.m. | 400M Dash |  |
| 8:05 p.m. | 4x 100M Relay |  |