

DAUG Health and Performance

Track Meet – April 25, 2026
Liberty Eylau High School
2905 Leopard Dr., Texarkana, TX 75501
Meet Director: Cliffert Norman
903-490-9993 | albertnorm1970@gmail.com
Coaches Meeting: 8:30 AM | Concessions Available
Entry Fee: \$10 (Athletes & Spectators)
Cash, Cash App, Apple Pay, Zelle (903-490-9993)

FIELD EVENTS – 9:00 AM (Rolling Schedule)

Shot Put – All age divisions
Discus – Ages 11–18
Turbo Javelin – Ages 12 & under
Javelin – Ages 13–18
Long Jump – All divisions
Triple Jump – Ages 13–18
High Jump – Ages 9–18
3000m Run – Ages 11–18

HURDLES – 9:30 AM

80m / 100m / 110m Hurdles – Ages 11–18
200m Hurdles – Ages 13–14
400m Hurdles – Ages 15–18

TRACK EVENTS – 11:00 AM (Order of Events)

4x100m Relay
800m Run
Munchkin Run (6 & under)
100m Dash
Big Man 100m Dash (250 lb minimum – first 8 entries)
400m Dash
200m Dash
1500m Run
4x200m Relay
Parents & Coaches Relay

AGE DIVISION POLICY

Athletes compete based on age as of December 31 of the competition year. If an athlete turns 13 before that date, they compete in the 13–14 division.