



REGIONAL TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS
Class AAA Region 4

- 4:15 PM Open Track for Warmups
- 4:45 PM Close Track for Warmups
- 4:30 PM Coach/Referee Briefing

FIELD EVENT SCHEDULE

Time	Event
4:00 PM	Unified Long Jump - **Coaches with Unified Teams**
4:30 PM	Unified Shot Put - **Please confirm these start times are OK**
5:00 PM	Boys' Shot Put, Girls shot to follow - we'll use flights
5:00 PM	Girls' Discus, Boys Discus to Follow - we'll use flights
5:00 PM	Boys Pole Vault (starting height: 7-0)
5:00 PM	Girls High Jump (starting height: 4-0)
5:00 PM	Boys' Triple Jump (open pit: 6:30pm – 7:30pm with finals 7:30pm –
5:00 PM	Girls' Long Jump (open pit: 5:00pm – 6:00pm with finals 6:00pm – 6:30pm)
6:30 PM	Girls Pole Vault (starting height: 5-6)
6:30 PM	Boys High Jump (starting height: 4-8)
6:30 PM	Boys Long Jump (open pit: 6:30pm – 7:30pm with finals 7:30pm – 8:00pm)
6:30 PM	Girls' Triple Jump (open pit: 6:30pm – 7:30pm with finals 7:30pm – 8:00pm)

RUNNING EVENT SCHEDULE

Time	Event
5:00 PM	Girls' 4 x 800 Meter Relay
5:15 PM	Boys' 4 x 800 Meter Relay
5:30 PM	Girls' 100 Meter High Hurdles
5:40 PM	Boys' 110 Meter High Hurdles
5:50 PM	Girls' 100 Meter Dash
6:00 PM	Boys' 100 Meter Dash
6:10 PM	Unified 2x50 Meter Relay
6:15 PM	Girls' 4 x 200 Meter Relay
6:20 PM	Boys' 4 x 200 Meter Relay
6:30 PM	Girls' 1600 Meter Run
6:40 PM	Boys' 1600 Meter Run
6:50 PM	Unified 4x100 Meter Relay
6:55 PM	Girls' 4 x 100 Meter Relay
7:05 PM	Boys' 4 x 100 Meter Relay
7:15 PM	Unified 2x200 Meter Relay
7:20 PM	Girls' 400 Meter Dash
7:30 PM	Boys' 400 Meter Dash
7:40 PM	Girls' 300 Meter Hurdles
7:50 PM	Boys' 300 Meter Hurdles
8:00 PM	Girls' 800 Meter Dash
8:05 PM	Boys' 800 Meter Dash
8:10 PM	Girls' 200 Meter Dash
8:15 PM	Boys' 200 Meter Dash
8:20 PM	Girls' 3200 Meter Run
8:35 PM	Boys' 3200 Meter Run
8:50 PM	Girls' 4 x 400 Meter Relay
9:00 PM	Boys' 4 x 400 Meter Relay