

REGION DUAL MEET SCHEDULE

3:30PM Track Events

Girls than Boys

- 4 x 800 m Relay
- 100 m Hurdles
- 110m Hurdles
- 100m Dash
- 4 x 200 m Relay
- 1600 m Run
- 4 x 100 m Relay
- 400 m Dash
- 300m Intermediate Hurdles
- 800m Run
- 200m Dash
- 3200 m Run
- 4 x 400 m Relay

Field Events

*Field event warm-ups start at
3pm NOT 3:30

- High Jump (boys 3:30pm, girls to follow)
- Long Jump (Girls 3:30 pm, Boys 4:30pm- open pit- 3 jumps, no finals)
- Javelin (Girls and boys @3:30-6pm- 3 throws)
- Discus (girls and boys open ring- 3 throws)
- Shot put (boys and girls open ring, 3:30-6pm, 3 throws)
- Pole vault
 - Boys and girls together- starts at 3:30pm(bar moves up and doesn't go back down if you miss your desired opening height).