

REGION TRACK AND FIELD SUGGESTED TIME SCHEDULE

3:00	Girls Discus	Boys to follow
	Girls High Jump	Boys to follow
	Girls Pole Vault	Boys to follow
	Boys Javelin	Girls to follow
	Boys Shot Put	Girls to follow
	Boys Long Jump	Girls to follow
3:15	*Girls and Boys 4x800 Relay (Combined)	
3:25	Girls 100 M Hurdles	
3:30	Boys 110 M Hurdles	
3:35	Girls 100 M Dash	
3:45	Boys 100 M Dash	
3:55	Girls 4x200 Relay	
4:00	Boys 4x200 Relay	
4:05	Girls 1600 M Run	
4:15	Boys 1600 M Run	
4:25	Girls 4 x 100 M Relay	
4:30	Boys 4 x 100 M Relay	
4:35	Girls 400 M Dash	
4:40	Boys 400 M Dash	
4:45	Girls 300 M Hurdles	
4:50	Boys 300 M Hurdles	
4:55	Girls 800 M Run	
5:10	Boys 800 M Run	
5:25	Girls 200 M Dash	
5:35	Boys 200 M Dash	
5:45	*Girls & Boys 3200 M Run (Combined)	
6:00	Girls 4 x 400 M Relay	
6:10	Boys 4 x 400 M Relay	

Events will be moved ahead of time schedule if possible. Athletes should report to the starting line or their respective field events areas by second call or they will be scratched from the event.

*Girls and boys 3200m run and 4x800 relay can be separated if there are enough participants.