

Region 4-1A	REGIONAL TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS	
5:00 PM	Start Time for Track Events	
5:00 PM	Start Time for Field Events	
5:00 PM	Start Time for Pole Vault	
0	Contesting Unified (0-No, 1-Yes)	
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	
5:00 PM	Girls' Pole Vault	
5:00 PM	Boys' Pole Vault	
5:00 PM	Girls' Discus	
5:00 PM	Boys' Discus	
5:00 PM	Girls' Long Jump	
5:00 PM	Boys' Long Jump	
5:00 PM	Unifed Long Jump	
5:00 PM	Girls' High Jump	
5:00 PM	Boys' High Jump	
5:00 PM	Girls' Shot Put	
5:00 PM	Boys' Shot Put	
5:00 PM	Unifed/Adapted Shot Put	
5:00 PM	Girls' Triple Jump	
5:00 PM	Boys' Triple Jump	
**All field events must begin at the same time; with the exception of Pole Vault only IF your region has approved alternate plans		
*Region manager has choice of which gender goes first in each field event		
	RUNNING EVENT SCHEDULE	
N/A	Unified 4 x 100 Meter Relay	
5:00 PM	Girls' 4 x 800 Meter Relay	
5:25 PM	Boys' 4 x 800 Meter Relay	
5:50 PM	Girls' 100 Meter High Hurdles	
6:00 PM	Boys' 110 Meter High Hurdles	
6:10 PM	Girls' 100 Meter Dash	
6:20 PM	Boys' 100 Meter Dash	
6:30 PM	Girls' 4 x 200 Meter Relay	
6:40 PM	Boys' 4 x 200 Meter Relay	
6:50 PM	Girls' 1600 Meter Run	
7:00 PM	Boys' 1600 Meter Run	
7:10 PM	Girls' 4 x 100 Meter Relay	
7:20 PM	Boys' 4 x 100 Meter Relay	
N/A	Unified 2 x 50 Meter Relay	
7:35 PM	Girls' 400 Meter Dash	
7:45 PM	Boys' 400 Meter Dash	
7:55 PM	Girls' 300 Meter Hurdles	
8:05 PM	Boys' 300 Meter Hurdles	
8:15 PM	Girls' 800 Meter Dash	
8:20 PM	Boys' 800 Meter Dash	
8:25 PM	Girls' 200 Meter Dash	
8:35 PM	Boys' 200 Meter Dash	
8:45 PM	Girls' 3200 Meter Run	
9:00 PM	Boys' 3200 Meter Run	
9:15 PM	Girls' 4 x 400 Meter Relay	
9:30 PM	Boys' 4 x 400 Meter Relay	
N/A	Unified 2 x 200 Meter Relay	