Region 7-3A	REGIONAL TRACK & FIELD CHAMPIONSHIPS SCHEDU	ILE OF EVENTS
6:00 PM	Start Time for Track Events	
6:00 PM	Start Time for Field Events	
6:00 PM	Start Time for Pole Vault	
0	Contesting Unified (0-No, 1-Yes)	
	On on Track for Warmung	
5:15 PM	Open Track for Warmups	
5:45 PM	Close Track for Warmups	
5:30 PM	Coach/Referee Briefing	
	FIELD EVENT SCHEDULE	
Time	Event	
6:00 PM	Girls' Pole Vault	
6:00 PM	Boys' Pole Vault	
6:00 PM	Girls' Discus	
6:00 PM	Boys' Discus	
6:00 PM	Girls' Long Jump	
6:00 PM	Boys' Long Jump	
6:00 PM	Unifed Long Jump	
6:00 PM	Girls' High Jump	
6:00 PM	Boys' High Jump	
6:00 PM	Girls' Shot Put	
6:00 PM	Boys' Shot Put	
6:00 PM	Unifed/Adapted Shot Put	
6:00 PM	Girls' Triple Jump	
6:00 PM	Boys' Triple Jump	
**All field even	nts must begin at the same time; with the exception of P	ole Vault only IF your region has approved alternate plans
*Region manag	ger has choice of which gender goes first in each field ev	ent
	RUNNING EVENT SCHEDULE	
N/A	Unified 4 x 100 Meter Relay	
6:00 PM		
	Girls' 4 x 800 Meter Relay	
6:25 PM	Girls' 4 x 800 Meter Relay Boys' 4 x 800 Meter Relay	
6:25 PM 6:50 PM	Boys' 4 x 800 Meter Relay	
	Boys' 4 x 800 Meter RelayGirls' 100 Meter High Hurdles	
6:50 PM 7:00 PM	Boys' 4 x 800 Meter RelayGirls' 100 Meter High HurdlesBoys' 110 Meter High Hurdles	
6:50 PM 7:00 PM 7:10 PM	Boys' 4 x 800 Meter RelayGirls' 100 Meter High HurdlesBoys' 110 Meter High HurdlesGirls' 100 Meter Dash	
6:50 PM 7:00 PM 7:10 PM 7:20 PM	Boys' 4 x 800 Meter RelayGirls' 100 Meter High HurdlesBoys' 110 Meter High HurdlesGirls' 100 Meter DashBoys' 100 Meter Dash	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM	Boys' 4 x 800 Meter RelayImage: Second S	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM	Boys' 4 x 800 Meter RelayImage: Constraint of the second seco	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM	Boys' 4 x 800 Meter RelayImage: Second S	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM	Boys' 4 x 800 Meter RelayImage: Second S	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM	Boys' 4 x 800 Meter RelayImage: Second S	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIGirls' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayI	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM N/A	Boys' 4 x 800 Meter RelayGirls' 100 Meter High HurdlesBoys' 110 Meter High HurdlesGirls' 100 Meter DashBoys' 100 Meter DashGirls' 4 x 200 Meter RelayBoys' 4 x 200 Meter RelayGirls' 1600 Meter RunBoys' 1600 Meter RunGirls' 4 x 100 Meter RelayBoys' 4 x 100 Meter RelayUnified 2 x 50 Meter Relay	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM N/A 8:35 PM	Boys' 4 x 800 Meter RelayGirls' 100 Meter High HurdlesBoys' 110 Meter High HurdlesGirls' 100 Meter DashBoys' 100 Meter DashGirls' 4 x 200 Meter RelayBoys' 4 x 200 Meter RelayGirls' 1600 Meter RunBoys' 1600 Meter RunGirls' 4 x 100 Meter RelayBoys' 4 x 100 Meter RelayGirls' 4 00 Meter Dash	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM N/A 8:35 PM 8:45 PM	Boys' 4 x 800 Meter RelayImage: Second S	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM N/A 8:35 PM 8:45 PM 8:55 PM	Boys' 4 x 800 Meter RelayImage: Second S	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:30 PM 8:00 PM 8:00 PM 8:10 PM 8:20 PM N/A 8:35 PM 8:45 PM 8:55 PM 9:05 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIGirls' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 400 Meter DashIBoys' 400 Meter DashIBoys' 300 Meter HurdlesI	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:30 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM N/A 8:35 PM 8:45 PM 8:55 PM 9:05 PM 9:15 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIGirls' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 400 Meter DashIGirls' 300 Meter HurdlesIBoys' 300 Meter HurdlesIGirls' 800 Meter DashI	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:30 PM 8:00 PM 8:00 PM 8:10 PM 8:20 PM 8:35 PM 8:35 PM 8:55 PM 9:05 PM 9:15 PM 9:20 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIGirls' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 400 Meter DashIGirls' 300 Meter HurdlesBoys' 300 Meter HurdlesBoys' 300 Meter DashIGirls' 800 Meter DashIBoys' 800 Meter DashI	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:30 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM N/A 8:35 PM 8:45 PM 8:55 PM 9:05 PM 9:15 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIGirls' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 400 Meter DashIGirls' 300 Meter HurdlesIBoys' 300 Meter HurdlesIGirls' 800 Meter DashI	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:30 PM 8:00 PM 8:00 PM 8:10 PM 8:20 PM 8:35 PM 8:35 PM 8:55 PM 9:05 PM 9:15 PM 9:20 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIGirls' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 400 Meter DashIGirls' 300 Meter HurdlesBoys' 300 Meter HurdlesBoys' 300 Meter DashIGirls' 800 Meter DashIBoys' 800 Meter DashI	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM 8:35 PM 8:35 PM 8:55 PM 9:05 PM 9:15 PM 9:20 PM 9:25 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIGirls' 1600 Meter RunIBoys' 1600 Meter RelayIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter DashIBoys' 400 Meter DashIBoys' 300 Meter HurdlesIBoys' 300 Meter DashIGirls' 800 Meter DashIBoys' 800 Meter DashIBoys' 800 Meter DashIGirls' 200 Meter DashIBoys' 800 Meter DashIBoys' 200 Meter Dash	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM 8:35 PM 8:35 PM 9:55 PM 9:05 PM 9:15 PM 9:20 PM 9:25 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIBoys' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter DashIBoys' 400 Meter DashIGirls' 300 Meter HurdlesIBoys' 300 Meter DashIBoys' 800 Meter DashIBoys' 800 Meter DashIBoys' 200 Meter Da	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:40 PM 7:50 PM 8:00 PM 8:10 PM 8:20 PM 8:20 PM 8:35 PM 8:35 PM 9:05 PM 9:15 PM 9:25 PM 9:25 PM 9:25 PM 9:25 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIBoys' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 1600 Meter RunIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter DashIBoys' 400 Meter DashIBoys' 300 Meter HurdlesIBoys' 300 Meter DashIGirls' 200 Meter DashIBoys' 800 Meter DashIBoys' 200 Meter DashIGirls' 200 Meter DashIGirls' 3200 Meter DashIBoys' 200 Meter DashIGirls' 3200 Meter RunI	
6:50 PM 7:00 PM 7:10 PM 7:20 PM 7:30 PM 7:30 PM 7:50 PM 8:00 PM 8:10 PM 8:10 PM 8:20 PM 8:35 PM 8:35 PM 9:05 PM 9:15 PM 9:20 PM 9:25 PM 9:25 PM 9:35 PM 9:35 PM 9:35 PM	Boys' 4 x 800 Meter RelayIGirls' 100 Meter High HurdlesIBoys' 110 Meter High HurdlesIGirls' 100 Meter DashIBoys' 100 Meter DashIGirls' 4 x 200 Meter RelayIBoys' 4 x 200 Meter RelayIBoys' 1600 Meter RunIBoys' 1600 Meter RunIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIGirls' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter RelayIBoys' 4 x 100 Meter DashIBoys' 400 Meter DashIBoys' 300 Meter HurdlesIBoys' 300 Meter DashIBoys' 800 Meter DashIBoys' 800 Meter DashIBoys' 200 Meter DashIBoys' 3200 Meter RunIBoys' 3200 Meter RunI	