

Region 5-1A	REGIONAL TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS	
12:00 PM	Start Time for Track Events	
12:00 PM	Start Time for Field Events	
12:00 PM	Start Time for Pole Vault	
1	Contesting Unified (0-No, 1-Yes)	
11:15 AM	Open Track for Warmups	
11:45 AM	Close Track for Warmups	
11:30 AM	Coach/Referee Briefing	
	FIELD EVENT SCHEDULE	
Time	Event	
12:00 PM	Girls' Pole Vault	
12:00 PM	Boys' Pole Vault	
12:00 PM	Girls' Discus	
12:00 PM	Boys' Discus	
12:00 PM	Girls' Long Jump	
12:00 PM	Boys' Long Jump	
12:00 PM	Unified Long Jump	
12:00 PM	Girls' High Jump	
12:00 PM	Boys' High Jump	
12:00 PM	Girls' Shot Put	
12:00 PM	Boys' Shot Put	
12:00 PM	Unified/Adapted Shot Put	
12:00 PM	Girls' Triple Jump	
12:00 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	
12:00 PM	Unified 4 x 100 Meter Relay	
12:05 PM	Adapted 100 Meter Dash	
12:10 PM	Girls' 4 x 800 Meter Relay	
12:35 PM	Boys' 4 x 800 Meter Relay	
1:00 PM	Girls' 100 Meter High Hurdles	
1:10 PM	Boys' 110 Meter High Hurdles	
1:20 PM	Girls' 100 Meter Dash	
1:30 PM	Boys' 100 Meter Dash	
1:40 PM	Girls' 4 x 200 Meter Relay	
1:50 PM	Boys' 4 x 200 Meter Relay	
2:00 PM	Girls' 1600 Meter Run	
2:10 PM	Boys' 1600 Meter Run	
2:20 PM	Girls' 4 x 100 Meter Relay	
2:30 PM	Boys' 4 x 100 Meter Relay	
2:40 PM	Unified 2 x 50 Meter Relay	
2:45 PM	Girls' 400 Meter Dash	
2:55 PM	Boys' 400 Meter Dash	
3:05 PM	Girls' 300 Meter Hurdles	
3:15 PM	Boys' 300 Meter Hurdles	
3:25 PM	Girls' 800 Meter Dash	
3:30 PM	Boys' 800 Meter Dash	
3:35 PM	Girls' 200 Meter Dash	
3:45 PM	Boys' 200 Meter Dash	
3:55 PM	Girls' 3200 Meter Run	
4:10 PM	Boys' 3200 Meter Run	
4:25 PM	Girls' 4 x 400 Meter Relay	
4:40 PM	Boys' 4 x 400 Meter Relay	

4:55 PM

Unified 2 x 200 Meter Relay