

Region 4-3A	REGIONAL TRACK & FIELD CHAMPIONSHIPS SCHEDULE 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	
1	Contesting Unified (0-No, 1-Yes)	
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 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	
6:00 PM	Unified 4 x 100 Meter Relay	
6:10 PM	Girls' 4 x 800 Meter Relay	
6:35 PM	Boys' 4 x 800 Meter Relay	
7:00 PM	Girls' 100 Meter High Hurdles	
7:10 PM	Boys' 110 Meter High Hurdles	
7:20 PM	Girls' 100 Meter Dash	
7:30 PM	Boys' 100 Meter Dash	
7:40 PM	Girls' 4 x 200 Meter Relay	
7:50 PM	Boys' 4 x 200 Meter Relay	
8:00 PM	Girls' 1600 Meter Run	
8:10 PM	Boys' 1600 Meter Run	
8:20 PM	Girls' 4 x 100 Meter Relay	
8:30 PM	Boys' 4 x 100 Meter Relay	
8:40 PM	Unified 2 x 50 Meter Relay	
8:45 PM	Girls' 400 Meter Dash	
8:55 PM	Boys' 400 Meter Dash	
9:05 PM	Girls' 300 Meter Hurdles	
9:15 PM	Boys' 300 Meter Hurdles	
9:25 PM	Girls' 800 Meter Dash	
9:30 PM	Boys' 800 Meter Dash	
9:35 PM	Girls' 200 Meter Dash	
9:45 PM	Boys' 200 Meter Dash	
9:55 PM	Girls' 3200 Meter Run	
10:10 PM	Boys' 3200 Meter Run	
10:25 PM	Girls' 4 x 400 Meter Relay	
10:40 PM	Boys' 4 x 400 Meter Relay	
10:55 PM	Unified 2 x 200 Meter Relay	