

Region 5-3A	REGIONAL TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS	
10:00 AM	Start Time for Track Events	
10:00 AM	Start Time for Field Events	
10:00 AM	Start Time for Pole Vault	
1	Contesting Unified (0-No, 1-Yes)	
9:15 AM	Open Track for Warmups	
9:45 AM	Close Track for Warmups	
9:30 AM	Coach/Referee Briefing	
	FIELD EVENT SCHEDULE	
Time	Event	
10:00 AM	Girls' Pole Vault	
10:00 AM	Boys' Pole Vault	
10:00 AM	Girls' Discus	
10:00 AM	Boys' Discus	
10:00 AM	Girls' Long Jump	
10:00 AM	Boys' Long Jump	
10:00 AM	Unifed Long Jump	
10:00 AM	Girls' High Jump	
10:00 AM	Boys' High Jump	
10:00 AM	Girls' Shot Put	
10:00 AM	Boys' Shot Put	
10:00 AM	Unifed/Adapted Shot Put	
10:00 AM	Girls' Triple Jump	
10:00 AM	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	
10:00 AM	Unified 4 x 100 Meter Relay	
10:10 AM	Girls' 4 x 800 Meter Relay	
10:35 AM	Boys' 4 x 800 Meter Relay	
11:00 AM	Girls' 100 Meter High Hurdles	
11:10 AM	Boys' 110 Meter High Hurdles	
11:20 AM	Girls' 100 Meter Dash	
11:30 AM	Boys' 100 Meter Dash	
11:40 AM	Girls' 4 x 200 Meter Relay	
11:50 AM	Boys' 4 x 200 Meter Relay	
12:00 PM	Girls' 1600 Meter Run	
12:10 PM	Boys' 1600 Meter Run	
12:20 PM	Girls' 4 x 100 Meter Relay	
12:30 PM	Boys' 4 x 100 Meter Relay	
12:40 PM	Unified 2 x 50 Meter Relay	
12:45 PM	Girls' 400 Meter Dash	
12:55 PM	Boys' 400 Meter Dash	
1:05 PM	Girls' 300 Meter Hurdles	
1:15 PM	Boys' 300 Meter Hurdles	
1:25 PM	Girls' 800 Meter Dash	
1:30 PM	Boys' 800 Meter Dash	
1:35 PM	Girls' 200 Meter Dash	
1:45 PM	Boys' 200 Meter Dash	
1:55 PM	Girls' 3200 Meter Run	
2:10 PM	Boys' 3200 Meter Run	
2:25 PM	Girls' 4 x 400 Meter Relay	
2:40 PM	Boys' 4 x 400 Meter Relay	
2:55 PM	Unified 2 x 200 Meter Relay	