

2024 3A West Regional Track & Field

Friday, May 10

9:00 AM	Coaches Meeting (Kiefer's Room)
11:00 AM	Weigh-in Implements (At the Event) & Pole Vaulters (Behind the Stadium)
12:00 PM	Girls Pole Vault (Final)
	Boys Long Jump (Final)
	Girls Discus (Final)
12:15 PM	800 m (Final)
12:40 PM	100/110 m Hurdle Prelim
1:10 PM	100 m Prelim
2:00 PM	Girls Long Jump (Final)
	Boys Shot Put (Final)
	Boys Pole Vault (Final)
2:00 PM	300 m Hurdle Prelim
2:30 PM	200 m Prelim
3:15 PM	3200 (Final)
4:00 PM	Boys Triple Jump (Final)
4:00 PM	400 m Relay (Final)
4:30 PM	400 m Prelim
5:30 PM	1600 Sprint Medley Relay (Final)

Saturday, May 11

8:00 AM Coaches / Worker Meeting (Kiefer's)
Weigh-in Implements (At the Event)

9:00 AM Girls Shot Put **(Final)**
Boys High Jump **(Final)**
Girls Triple Jump **(Final)**

9:15 AM 3200 Relay **(Final)**

10:00 AM 100/110 Hurdles **(Final)**

10:30 AM 100 m **(Final)**

11:00 AM Girls High Jump **(Final)**
Boys Discus **(Final)**

11:15 AM 300 Hurdle **(Final)**

12:00 PM 400 m **(Final)**

12:30 PM 1600 m **(Final)**

1:00 PM 200 m **(Final)**

1:30 PM 1600 (4 x 400m) Relay **(Final)**
Team Awards