

4A West Regional Track & Field Event Schedule

Friday May 10th

Coaches' Meeting 10am in the hospitality room (upstairs gym) adjacent to the track complex.

Workers' meeting at 11am for field event workers and noon for running event workers in the health room located next to the wrestling room.

Field Events:

10:30-11am	Implement & Pole Vaulter weigh-ins in the Health Room (East end of complex by the Pole Vault pit). The field event ring will visually inspect all implements for verification.		
12:00pm	Boys Pole Vault Girls Discus Boys Triple Jump		
2:00pm	Girls Triple Jump Boys Discus Girls Pole Vault		

Running Events:

1:00pm	800 Meter Run	G/B	Finals
1:30pm	100 Meter Int. Hurdles. 110 Meter High Hurdles.	G B	Prelims Prelims
2:15pm	100 Meter Dash	G/B	Prelims
3:00pm	300 Meter Low Hurdles 300 Meter Int. Hurdles	G B	Prelims Prelims
3:45pm	200 Meter Dash	G/B	Prelims
4:30pm	3200 Meter Run	G/B	Finals
5:15pm	400 Meter Relay	G/B	Finals
6:00pm	400 Meter Dash	G/B	Prelims
6:45pm	1600 Meter Sprint Relay	G/B	Finals

4A West Regional Track & Field Event Schedule

Saturday May 11th

Field Events:

8-8:30am	Implement & PoleVaulter weigh-ins in the Health Room (East end of complex by the Pole Vault pit). The field event ring will visually inspect all implements for verification.
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	Workers 'meeting at 8am for field event workers in the health room located next to the wrestling room.
9:00am	Girls Shot Put Boys Long Jump Girls High Jump
12:00pm	Boys Shot Put Girls Long Jump Boys High Jump

Running Events:

10:00am	3200 Meter Relay	G/B	Finals
10:30am	100 Meter Int. Hurdles	G	Finals
	110 Meter High Hurdles	B	Finals
11:00am	100 Meter Dash	G/B	Finals
11:45am	400 Meter Dash	G/B	Finals
12:30pm	1600 Meter Run	G/B	Finals
1:15pm	300 Meter Low Hurdles	G	Finals
	300 Meter Int. Hurdles	B	Finals
2:00pm	200 Meter Dash	G/B	Finals
2:45pm	1600 Meter Relay	G/B	Finals