

**REGION IA TRACK AND FIELD MEET  
TIME SCHEDULE  
EVEN YEARS**

|                      |          |            |                         |
|----------------------|----------|------------|-------------------------|
| <b>FIELD EVENTS</b>  | 12:00 PM | GIRLS:     | SHOT PUT, TRIPLE JUMP   |
|                      |          | BOYS:      | HIGH JUMP, DISCUS       |
|                      | 2:00     | GIRLS:     | HIGH JUMP, DISCUS       |
|                      |          | BOYS:      | SHOT PUT, LONG JUMP     |
|                      | 3:30     | GIRLS:     | LONG JUMP               |
|                      |          | BOYS:      | TRIPLE JUMP             |
| <b>FIRST SESSION</b> | 12:30    | GIRLS      | 100 M HURDLES - PRELIMS |
|                      | 12:40    | BOYS       | 110 M HURDLES - PRELIMS |
|                      | 12:50    | GIRLS      | 3200 M RELAY - FINALS   |
|                      | 1:05     | GIRLS      | 100 M DASH - PRELIMS    |
|                      | 1:15     | BOYS       | 100 M DASH - PRELIMS    |
|                      | 1:25     | BOYS       | 3200 M RELAY - FINALS   |
| <b>FINAL SESSION</b> | 2:30     | GIRLS      | 100 M HURDLES           |
|                      | 2:35     | BOYS       | 110 M HURDLES           |
|                      | 2:45     | GIRLS/BOYS | 100 M DASH              |
|                      | 2:50     | GIRLS      | 800 M RELAY             |
|                      | 3:00     | BOYS       | 800 M RELAY             |
|                      | 3:10     | GIRLS      | 1600 M RUN              |
|                      | 3:20     | BOYS       | 1600 M RUN              |
|                      | 3:30     | GIRLS      | 400 M RELAY             |
|                      | 3:35     | BOYS       | 400 M RELAY             |
|                      | 3:40     | GIRLS      | 400 M DASH              |
|                      | 3:50     | BOYS       | 400 M DASH              |
|                      | 4:05     | GIRLS      | 300 M HURDLES           |
|                      | 4:15     | BOYS       | 300 M HURDLES           |
|                      | 4:25     | GIRLS      | 1600 M MEDLEY           |
|                      | 4:35     | BOYS       | 1600 M MEDLEY           |
|                      | 4:45     | GIRLS      | 800 M RUN               |
|                      | 4:55     | BOYS       | 800 M RUN               |
|                      | 5:05     | GIRLS/BOYS | 200 M DASH              |
|                      | 5:20     | GIRLS      | 3200 M RUN              |
|                      | 5:40     | BOYS       | 3200 M RUN              |
|                      | 6:00     | GIRLS      | 1600 M RELAY            |
|                      | 6:10     | BOYS       | 1600 M RELAY            |