

# REGION 1A TRACK AND FIELD MEET

## Sisseton Athletic Complex

### May 22, 2014

<b>FIELD EVENTS</b>	11:30 AM	BOYS/GIRLS	POLE VAULT
	12:00 PM	GIRLS: BOYS:	SHOT PUT, TRIPLE JUMP HIGH JUMP, DISCUS
	2:00	GIRLS: BOYS:	HIGH JUMP, DISCUS SHOT PUT, LONG JUMP
	3:30	GIRLS: BOYS:	LONG JUMP 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	