

REGION 1A - TRACK AND FIELD MEET

TIME SCHEDULE

EVEN YEARS

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| FIELD EVENTS | 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 |
| FIRST SESSION | 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 |
| FINAL SESSION | 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 | |