

**Region 3A
Track and Field Schedule**

National Anthem @ 10:55

Field Events Girls Javelin at 11:00 followed by Boys Javelin around 12:15 pm (approx.) *** This event will be held on the south side of the school on our practice football field in order to start other field events at the same time. See the map above for additional details.

11:00 am

Girls Discus
Boys Shot Put
Boys Long Jump
Girls High Jump
Girls Triple Jump

12:15 pm (approx.)

Girls Shot Put
Boys Discus
Girls Long Jump
Boys High Jump
Boys Triple Jump

Running Events

12:00 Girls 3200m Relay
12:15 Boys 3200m Relay

BREAK

1:00 Girls 110m Hurdles-finals
1:10 Boys 100m Hurdles-finals

1:20 Girls 100m Dash-finals
1:23 Boys 100m Dash finals

1:30 Girls 800m Relay
1:35 Boys 800m Relay

1:40 Girls 1600m Run
1:45 Boys 1600m Run

1:50 Girls 400 Relay
1:55 Boys 400 Relay

2:00 Girls 400m Dash
2:05 Boys 400m Dash

2:10 Girls 300m Hurdles
2:15 Boys 300m Hurdles

2:20 Girls 1600m Medley Relay
2:25 Boys 1600m Medley relay

2:30 Girls 800m Run
2:33 Boys 800m Run

2:38 Girls 200m Dash
2:40 Boys 200m Dash

2:45 Girls 3200m Run
3:00 Boys 3200m Run

3:10 Girls 1600m Relay
3:15 Boys 1600m Relay