

**3A East Regional Track
ORDER OF EVENTS**

FRIDAY MAY 12th

1:00pm	Coaches Meeting- Track Shed (Scratch & Replace only) Pole Vault Weigh-ins- HS Training Room Throwing Implement Weigh-ins- Track Sheed	
2:30pm	Boys Long Jump Girls High Jump Boys Pole Vault Girls Discus	
4:00pm	800 M Run Girls - Finals 800 M Run Boys- Finals	
4:45pm	100 M Hurdles Girls- Prelims 110 M Hurdles Boys- Prelims	Boys Shot Put Girls Triple Jump
5:45pm	100 M Dash Girls- Prelims 100 M Dash Boys- Prelims	
6:05pm	300 M Hurdles Girls- Prelims 300 M Hurdles Boys- Prelims	
6:35pm	200 M Dash Girls- Prelims 200 M Dash Boys- Prelims	
6:45pm	3200 M Run Girls- Finals 3200 M Run Boys- Finals	
7:20pm	400 M Relay Girls- Finals 400 M Relay Boys- Finals	
7:30pm	400 M Dash Girls- Prelims 400 M Dash Boys- Prelims	

SATURDAY MAY 13th

8:00am	Coaches Meeting- Track Shed (Scratch & Replace only) Pole Vault Weigh-ins- HS Training Room Throwing Implement Weigh-ins- Track Shed	
9:30am	Girls Long Jump Boys High Jump Girls Pole Vault Boys Discus	
11:00am	3200 M Relay Girls- Finals 3200 M Relay Boys- Finals	
11:45am	100 M Hurdles Girls- Finals 110 M Hurdles Boys- Finals	Girls Shot Put Boys Triple Jump
12:30pm	100 M Dash Girls- Finals 100 M Dash Boys- Finals	
12:50pm	Mower Award Presentation	
1:05pm	400 M Dash Girls- Finals 400 M Dash Boys- Finals	
1:35pm	1600 M Run Girls- Finals 1600 M Run Boys- Finals	
2:15pm	300 M Hurdles Girls- Finals 300 M Hurdles Boys- Finals	
2:45pm	200 M Dash Girls- Finals 200 M Dash Boys- Finals	
3:15pm	1600 M Relay Girls- Finals 1600 M Relay Boys- Finals	

Track Map

