

Region 11 Track & Field Championships Schedule of Events Schedule

Day 1 Schedule of Events		Day 2 Schedule of Events	
Track Start Time: 3:00 pm		Track Start Time 3:00 pm	
2:30	Coaches Meeting	2:30	Coaches Meeting
3:00	Girls 4 X 200 Relay Final	3:00	Girls 3200 Final
3:06	Boys 4 X 200 Relay Final	3:20	Boys 3200 Final
3:12	Girls 1600 M Final	3:25	Girls 100M Hurdles Final
3:21	Boys 1600 M Final	3:30	Boys 110 M Hurdles Final
3:25	Girls 100 M Hurdles-Trials	3:40	Girls 100 M Final
3:35	Boys 110 M Hurdles-Trials	3:45	Boys 100 M Final
		3:50	Unified 50 Meter
3:48	Girls 100 M-Trials	4:05	Girls 4 X 100 M-Relay Final
3:58	Boys 100 M- Trials	4:10	Boys 4 X 100 M-Relay Final
		4:15	Unified 4 X 100 Relay
4:05	Girls 400 M- Trials	4:30	Girls 400 M-Final
4:20	Boys 400 M- Trials	4:35	Boys 400 M Relay-Final
		5:00	Senior Recognition/All State Academic Awards
4:30	Girls 300 M- Hurdles-Trials	5:20	Girls 300 M Hurdles-Final
4:45	Boys 300 M- Hurdles- Trials	5:25	Boys 300 M-Hurdles Final
4:55	Girls 200 M-Trials	5:35	Girls 800 M-Final
5:15	Boys 200 M-Trials	5:40	Boys 800 M-Final
5:20	Girls 4 X 800 Relay-Finals	5:45	Girls 200 M-Final
5:35	Boys 4 X 800 Relay-Finals	5:50	Boys 200 M-Final
		5:55	Girls 4 X 400 M-Relay Final
		6:00	Boys 4X400 M-Relay Final
Field Start Time 3:00 pm	Boys Discus		
	Boys High Jump		
	Girls Javelin		
	Girls Long Jump	Field Start Time 3:00 pm	Boys Javelin
Pole Vault will be held @ Logan Tuesday 5/9/23 330 pm	Girls Shot Put (after boy's discus)		Boys Long Jump
			Unified Shot Put (3 PM)
			Boys Shot Put (after girl's discus)
			Girls High Jump
			Girls Discus (after unified shot)

***All times are approximate. A rolling schedule of events will be used where possible to move forward in the meet. **If needed to provide appropriate intervals of rest between events we will take official breaks (on day one between 400 M trials and 300 hurdle trials; on day two between 100M finals and 4X100 relay finals, between 400 M finals and 300 H finals, and then between 200 Finals and 4X400 relay finals)**