

POSSIBLE ONE DAY ADJUSTED SCHEDULE DUE TO WEATHER****

VHSL Class 3/4 Region "A" T & F CHAMPIONSHIP

Boo Williams Sportsplex in Hampton, VA

Saturday, February 22, 2020

Meet Schedule: The doors will open at 7:00am.

All races will be run Class 3 then Class 4

7:30 am	Coaches Meeting	4:35 pm	Girls 500m Run Finals (8 heats)
8:00 am	Girls Pole(3-4) Vault then Boys(3-4)	4:55 pm	Boys 500m Run Finals (10 heats)
	Boys Triple(3-4) Jump then Girls(3-4)	5:20 pm	Girls 1,000m Run Finals (3 heats)
	Girls Long Jump(3-4) then Boys(3-4)	5:35 pm	Boys 1,000m Run Finals (3 heats)
	Girls(4-3)/Boys(3-4) High Jump	5:45 pm	Girls 300m Dash Finals (11 heats)
	Boys Shot(4-3) Put then Girls(4-3)	6:05 pm	Boys 300m Dash Finals (12 heats)
11:30 am	Girls 4 x 800m Relay(2 heats)	6:20 pm	Girls 3,200m Run Finals (2 heats)
12:00 pm	Boys 4 x 800m Relay(2 heats)	6:50 pm	Boys 3,200m Run Finals (3 heats)
1:00 pm	Girls 55m Hurdles Trials**	7:30 pm	Girls 4 x 400m Relay Finals (4 heats)
	Boys 55m Hurdles Trials**	7:50 pm	Boys 4 x 400m Relay Finals (4 heats)
	Girls 55m Dash Trials**	8:10 pm	Team Awards Ceremony
	Boys 55m Dash Trials**		
**Top 12 times will advance to a 2 heat final			
2:25 pm	Opening Ceremony		
2:30 pm	Girls 55m Hurdles Finals (4 heats)		
2:45 pm	Boys 55m Hurdles Finals (4 heats)		
3:00 pm	Girls 55m Dash Finals (4 heats)		
3:15 pm	Boys 55m Dash Finals (4 heats)		
3:30 pm	Girls 4 x 200m Relay Finals (4 heats)		
3:45 pm	Boys 4 x 200m Relay Finals (4 heats)		
4:00 pm	Girls 1,600m Run Finals (2 heats)		
4:15 pm	Boys 1,600m Run Finals (3 heats)		