OCCOQUAN REGION TRACK & FIELD CHAMPIONSHIP 2021

FRIDAY, FEBRUARY 19th, 2021

11:00 AM FACILITY OPENS

**Field Events** *2nd gender will start 45 minutes after completion of 1st gender*

**12:00 PM** Girls Long Jump followed by Boys

Girls Shot Put followed by Boys

Boys Triple Jump followed by Girls

Girls High Jump followed by Boys

Boys Pole Vault followed by Girls

**Track Events**

**2:00 PM** Girls 55m Hurdles Semis (heat winner + 4)

**2:10 PM** Boys 55m Hurdles Semis (heat winner + 4)

**2:15 PM** Girls 55m Dash Semis (heat winner + 4)

**2:20 PM** Boys 55m Dash Semis (heat winner + 4)

**2:30 PM** Girls 4x800m Relay Final (1 heat with alleys)

**2:45 PM** Boys 4x800m Relay Final (1 heat with alleys)

**3:00 PM** Boys 55m Hurdles Final

**3:05 PM** Girls 55m Hurdles Final

**3:10 PM** Boys 55m Dash Final

**3:15 PM** Girls 55m Dash Final

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SATURDAY, FEBRUARY 20th, 2021

11:00 AM FACILITY OPENS

**Track Events**

**12:00 PM** Girls 4x200m Relay Final (3 heats) **1:30 PM** Girls 300m Dash Final (2 heats)

**12:15 PM** Boys 4x200m Relay Final (3 heats) **1:40 PM** Boys 300m Dash Final (2 heats)

**12:30 PM** Girls 1600m (1 heat) **1:50 PM** Girls 3200m Run (1 heat)

**12:40 PM** Boys 1600m (1 heat) **2:10 PM** Boys 3200m Run (1 heat)

**12:50 PM** Girls 500m Dash Final (2 heats) **2:25 PM** Girls 4x400m Relay Final (3 heats)

**1:00 PM**  Boys 500m Dash Final (2 heats) **2:45 PM** Boys 4x400m Relay Final (3 heats)

**1:10 PM**  Girls 1000m (1 heat) **3:15 PM** AWARDS

**1:20 PM** Boys 1000m (1 heat)