

REGION 1-5A TRACK & FIELD MEET

TIME SCHEDULE: Wednesday May 4th, 2022

4:45 COACHES MEETING AT THE FINISH LINE.

5:00 BOYS HIGH JUMP FOLLOWED BY GIRLS HIGH JUMP
BOYS LONG JUMP FOLLOWED BY GIRLS TRIPLE JUMP
GIRLS LONG JUMP FOLLOWED BY BOYS TRIPLE JUMP
GIRLS POLE VAULT FOLLOWED BY BOYS POLE VAULT
GIRLS SHOT PUT FOLLOWED BY BOYS SHOT PUT
BOYS DISCUS FOLLOWED BY GIRLS DISCUS
GIRLS JAVELIN FOLLOWED BY BOYS JAVELIN

5:00 GIRLS JV 4X100 FINALS
5:05 BOYS JV 4X100 FINALS
5:15 GIRLS JV 100 HURDLE FINALS
5:30 BOYS JV 110 HURDLE FINALS
5:45 GIRLS 4X800 FINALS
6:00 BOYS 4X800 FINALS
6:15 GIRLS JV 100 FINALS
6:30 BOYS JV 100 FINALS
6:45 GIRLS JV MILE
7:00 BOYS JV MILE
7:15 GIRLS JV 400 FINALS
7:25 BOYS JV 400 FINALS
7:40 GIRLS JV 400 HURDLE FINALS
7:50 BOYS JV 400 HURDLES FINALS
8:00 GIRLS JV 800 M
8:10 BOYS JV 800 M

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TIME SCHEDULE: Thursday May 5th, 2022

4:45 COACHES MEETING AT THE FINISH LINE

5:00 4X100 FINALS
5:10 GIRLS 100 HURDLE FINALS
5:30 BOYS 110 HURDLE FINALS
5:45 GIRLS 100 M FINALS
5:55 BOYS 100 M FINALS
6:05 GIRLS 1600 M FINALS
6:15 BOYS 1600 M FINALS
6:25 GIRLS 400 M FINALS
6:35 BOYS 400 M FINALS
6:45 GIRLS 400 HURDLE FINALS
6:55 BOYS 400 HURDLE FINALS
7:05 GIRLS 800 M FINALS
7:15 BOYS 800 M FINALS
7:25 GIRLS 200 M FINALS
7:35 BOYS 200 M FINALS
7:45 GIRLS 3200 M FINALS
7:55 BOYS 3200 M FINALS
8:15 GIRLS 4X400 FINALS
8:25 BOYS 4X400 FINALS

We will not get ahead more than 10 minutes

Standards for Field Events:

Each athlete will get their first legal attempt measured. After that they must hit the standard. Top 9 will advance to the finals.

Girls	Boys
Pole Vault Starting Height: 6'6	Pole Vault Starting Height: 9'0
High Jump Starting Height: 4'2	High Jump Starting Height: 5'2
Discus: 70'0	Discus: 95'0
Shot: 25'0	Shot: 38'0
Javelin: 60'0	Javelin: 113'0
Long: 14'0	Long: 18'0
Triple: 30'0	Triple: 36'0