

**2A East Regional Championship Meet
Northeastern High School Track
May 12, 2023**

11:00 AM Gates Open for Teams

12:00 PM Gates Open for Spectators

11:30-12:30 Implement Weigh-In (by shot / discus area)

12:00 PM Coaches Meeting (Clerk Tent) followed immediately by Officials Meeting

1:00 PM **FIELD EVENTS**

Ladies High Jump followed by Men:

Starting height for Ladies: **4-6**

Starting height for Men: **5-8**

Ladies' Discus Throw followed by Men,

Men's Shot Put followed by Ladies

Ladies' Long Jump followed by Ladies' Triple Jump

Men's Long Jump followed by Men's Triple Jump

3:00PM **SPRINT SEMI-FINALS**

100 Meter Hurdles Semi-Finals

110 Meter Hurdles Semi-Finals

100 Meter Dash Semi- Finals (Ladies' followed by Men's)

3:30PM **FINALS (Ladies' followed by Men's)**

4x800 RELAY

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

4x200 Meter Relay

1600 Meter Run

4x100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4x400 Meter Relay

Meet Director Tony Johnson (Northeastern)

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