

Region 3 4A Track and Field Championship Meet Schedule

- 8:15 AM** – Track Opens
- 9:00 AM** – Coaches Meeting
- 9:30 AM** – Track Closes for the 1600
- 9:35 AM** – 1600 Meter Run (1 heat of Girls; 1 heat of Boys; Waterfall Start)
- 2:00 PM** – Track Reopens

Field Event Schedule

Session #1: Field Events 9:30 AM

Boys Pole Vault Girls High Jump Girls Long Jump – 9:30 AM Boys Long Jump – 11:00 AM Girls Shot Put Boys Discus

Session #2: Field Events 11:30 AM

Girls Pole Vault Boys High Jump Boys Triple Jump – 12:30 PM Girls Triple Jump – 2:00 PM Boys Shot put Girls Discus

- Harris County only has one runway for horizontal jumps
- 1 flight of the Pole Vault – seeded worst to best
- 2 flights in the High Jump (if needed), Long Jump, Triple Jump, Shot Put, and Discus – seeded worst to best.
- 3 Preliminary jumps or throws per contestant.
- Top 9 preliminary jumps or throws advance to finals in the Long Jump, Triple Jump, Shot Put, and Discus.
 - Athletes will receive 3 additional attempts.
 - Their best attempt will be recorded from qualifying or finals to determine final finishing order
- Harris County only has one runway for horizontal jumps
 - Girls Long Jump – 9:30 AM, Boys Long Jump – 11:00 AM, Boys Triple Jump – 12:30 PM, and Girls Triple Jump – 2:00 PM
- There will be a 30-minute break after all field events have been completed. The tentative running schedule is listed but is subject to change depending upon the field event end time.

Running Event Schedule (approximate times)

Time	Event
9:35am	1600 Meter- dual alley
3:30pm	4x800 Meter Relay
4:10pm	100/110 Hurdles
4:30pm	100 Meter Dash
4:50pm	4x200 Meter Relay
5:30pm	4x100 Meter Relay
5:50pm	400 Meter Dash

Time	Event
6:15pm	300 Meter Hurdles
6:50pm	800 Meter Run-heat #1 dual alley, heat #2 Start in lanes to 800m break
7:20pm	200 Meter Dash
7:40pm	3200 Meter Run- dual alley
8:10pm	4x400 Meter Relay