



MODEL REGIONAL TRACK & FIELD CHAMPIONSHIPS SCHEDULE OF EVENTS

Enter times in yellow cells, in format HH:mm, such as 8:30 for 8:30 a.m. or 13:30 for 1:30 p.m.

5:00 PM Start Time for Track Events

4:15 PM	Open Track for Warmups	30:00.0
4:45 PM	Close Track for Warmups	45:00.0
4:30 PM	Coach/Referee Briefing	30:00.0

FIELD EVENT SCHEDULE (see column F)

Time	Event
	Boys' Pole Vault (after Girls' Pole Vault)
5:00 PM	Girls' Pole Vault
5:00 PM	Boys' Discus
6:30 PM	Girls' Discus (adapted Discus after Girls')
5:00 PM	Girls' Long Jump
	Girls' Triple Jump (after Girls' Long Jump)
5:00 PM	Boys' High Jump
	Girls' High Jump (after Boys' High Jump)
5:00 PM	Adapted shot
5:15 PM	Girls' Shot Put
6:45 PM	Boys' Shot Put
	Boys' Triple Jump (after Boys' Long Jump)
5:00 PM	Boys' Long Jump
	Unified Shot Put (after Unified Long Jump)
4:30 PM	Unified Long Jump

RUNNING EVENT SCHEDULE

5:00 PM	Girls' 4 x 800 Meter Relay	15:00.0	15:00.0
5:15 PM	Boys' 4 x 800 Meter Relay	15:00.0	15:00.0
5:30 PM	Girls' 100 Meter High Hurdles	10:00.0	10:00.0
5:40 PM	Boys' 110 Meter High Hurdles	10:00.0	10:00.0
5:50 PM	Girls' 100 Meter Dash	10:00.0	10:00.0
6:00 PM	Boys' 100 Meter Dash	10:00.0	10:00.0
6:10 PM	Unified 2x50 Meter Relay	05:00.0	05:00.0
6:10 PM	Adapted 100 Meter Dash		
6:15 PM	Girls' 4 x 200 Meter Relay	10:00.0	05:00.0
6:25 PM	Boys' 4 x 200 Meter Relay	10:00.0	10:00.0
6:35 PM	Girls' 1600 Meter Run	10:00.0	10:00.0
6:45 PM	Boys' 1600 Meter Run	10:00.0	10:00.0
6:55 PM	Unified 4x100 Meter Relay	05:00.0	05:00.0
7:00 PM	Girls' 4 x 100 Meter Relay	10:00.0	10:00.0
7:10 PM	Boys' 4 x 100 Meter Relay	10:00.0	10:00.0
7:20 PM	Girls' 400 Meter Dash	05:00.0	05:00.0
7:30 PM	Boys' 400 Meter Dash	10:00.0	10:00.0
7:40 PM	Unified 2x200 Meter Relay	10:00.0	10:00.0
7:50 PM	Girls' 300 Meter Hurdles	10:00.0	10:00.0
8:00 PM	Boys' 300 Meter Hurdles	10:00.0	10:00.0
8:10 PM	Girls' 800 Meter Dash	05:00.0	05:00.0
8:15 PM	Boys' 800 Meter Dash	05:00.0	05:00.0
8:20 PM	Girls' 200 Meter Dash	05:00.0	05:00.0
8:25 PM	Boys' 200 Meter Dash	05:00.0	05:00.0
8:30 PM	Girls' 3200 Meter Run	15:00.0	15:00.0
8:45 PM	Boys' 3200 Meter Run	15:00.0	15:00.0
9:00 PM	Girls' 4 x 400 Meter Relay	10:00.0	10:00.0
9:10 PM	Boys' 4 x 400 Meter Relay	10:00.0	10:00.0

Field Event Schedule

Field Event Schedule with two flights and final

16 max in flight (throws and jumps)

Check for athletes who may need to be excused for running or other events. Have them throw/jump out of turn by having them throw/jump, allow the next two athletes get their jump/throw in, have the athlete take a second attempt, allow the next two athletes to jump/throw, then have the athlete take a third attempt.

Time Schedule

10-minute general warmup twenty minutes prior to first flight- remind athletes that second flight warmup will start immediately after the completion of the first flight. Remind those athletes who might have a chance at making the final.

10-minute warmup for first flight only

Flight 1

10 minute warm prior to second flight

Second Flight

10-minute warmup before final (Officials need to guide the athletes to be ready for the final at the end of the second flight)