

Region 6 Track and Field Championships  
Carolina Forest High School  
April 29, 2026

**Running Events**

|      |                                                   |
|------|---------------------------------------------------|
| 3:00 | 4x100m Relay Girls<br>4x100m Relay Boys           |
| 3:15 | 4x800m Relay Girls<br>4x800m Relay Boys           |
| 3:45 | 100m High Hurdles Girls<br>110m High Hurdles Boys |
| 4:00 | 100m Girls<br>100m Boys                           |
| 4:15 | 1600m Girls<br>1600m Boys                         |
| 4:45 | 400m Girls<br>400m Boys                           |
| 5:00 | 400m Hurdles Girls<br>400m Hurdles Boys           |
| 5:15 | 800m Girls<br>800m Boys                           |
| 5:45 | 200m Girls<br>200m Boys                           |
| 6:00 | 3200m Girls<br>3200m Boys                         |
| 6:30 | 4x400m Relay Girls<br>4x400m Relay Boys           |

**Field Events**

|      |                                                                                                                                                           |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2:45 | Long Jump Girls<br>Long Jump Boys<br>Pole Vault Girls<br>Shot Put Boys<br>Discus Girls<br>Javelin Boys (pending field availability)<br>High Jump Boys     |
| 4:45 | Triple Jump Girls<br>Triple Jump Boys<br>Pole Vault Boys<br>Shot Put Girls<br>Discus Boys<br>Javelin Girls(pending field availability)<br>High Jump Girls |