

4A West Regional Track & Field Meet Schedule

Field Events							
Friday				Saturday			
Coaches Meeting – 10:00 a.m.							
12:00 p.m.	Boys Long Jump			9:00 a.m.	Girls Shot Put		
	Girls Discus				Boys Triple Jump		
	Boys Pole Vault				Girls High Jump		
2:00 p.m.	Girls Long Jump			12:00 p.m.	Boys Shot Put/Unified Athlete		
	Boys Discus				Girls Triple Jump		
	Girls Pole Vault				Boys High Jump		
Running Events							
Friday				Saturday			
1:00 p.m.	G/B	800 M Run	Finals	10:00 a.m.	G/B	3200 M Relay	Finals
1:30 p.m.	G	100 M Int. Hurdles	Prelims	10:30 a.m.	G	100 M Int. Hurdles	Finals
	B	110 M High Hurdles			B	110 M High Hurdles	Finals
2:15 p.m.	G/B	100 M Dash	Prelims	11:00 a.m.	G/B	100 M Dash	Finals
3:00 p.m.	G	300 M Low Hurdles	Prelims	11:45 a.m.	G/B	400 M Dash	Finals
	B	300 M Int. Hurdles	Prelims	12:30 p.m.	G/B	1600 M Run	Finals
3:45 p.m.	G/B	200 M Dash	Prelims	1:15 p.m.	G	300 M Low Hurdles	Finals
4:30 p.m.	G/B	3200 M Run	Finals		B	300 M Int. Hurdles	Finals
5:15 p.m.	G/B	400 M Relay	Finals	2:00 p.m.	G/B	200 M Dash	Finals
6:00 p.m.	G/B	400 M Dash	Prelims	2:45 p.m.	G/B	1600 M Relay	Finals
6:45 p.m.	G/B	1600 M Sprint Med.	Finals	**Times may be adjusted due to weather			