

2023 REGIONAL TRACK MEET ORDER OF EVENTS AND APPROXIMATE STARTING TIMES

(Inclement Weather may impact starting times)

A-2A-3A-4A April 29, 2023

5A-6A May 6, 2023

Saturday

8:30 Coaches Meeting

9:30 Starting time

FIELD EVENTS

9:30	(A-2A)	(3A-4A)	(5A-6A)	Girls High Jump
9:30	(A-2A)	(3A-4A)	(6A-5A)	Boys Long Jump
9:30	(A-2A)	(3A-4A)	(5A-6A)	Boys Shot Put
9:30	(2A-A)	(4A-3A)	(6A-5A)	Girls Discus
9:30	(A-2A)	(3A-4A)	(5A-6A)	Boys Pole Vault
11:00	(2A-A)	(4A-3A)	(6A-5A)	Boys High Jump
11:00	(2A-A)	(4A-3A)	(6A-5A)	Girls Long Jump
11:00	(A-2A)	(3A-4A)	(5A-6A)	Girls Shot Put
11:00	(2A-A)	(4A-3A)	(6A-5A)	Boys Discus
11:00	(2A-A)	(4A-3A)	(6A-5A)	Girls Pole Vault

*APPROXIMATE STARTING TIMES

9:45	400 Relay - Girls, Boys (Preliminary)
10:05	3200 Relay - Girls, Boys (Final)
11:00	100 H. Hurdles - 33" Girls (Preliminary)
11:15	110 H. Hurdles - 39" Boys (Preliminary)
11:30	100 Dash - Girls, Boys (Preliminary)
11:50	3200 Meter Run - Boys (Final)
12:25	800 Relay - Girls, Boys (Final)
1:05	3200 Meter Run - Girls (Final)
1:40	200 Meter Dash - Girls, Boys (Preliminary)

2:15 Break for 45 minutes

FINALS

3:00	400 Meter Relay - Girls, Boys
3:15	800 Meter Run - Girls, Boys
3:50	100 Meter High Hurdles - Girls
4:00	110 Meter High Hurdles - Boys
4:10	100 Meter Dash - Girls, Boys
4:20	400 Meter Dash - Girls, Boys
4:55	300 Meter Low Hurdles - Girls
5:15	300 Meter Int. Hurdles - Boys
5:35	200 Meter Dash - Girls, Boys
5:45	1600 Meter Run - Girls, Boys
6:35	1600 Meter Relay - Girls, Boys

*NOTE: The games committee may make adjustments in the time schedule if circumstances are justified.