**5A/6A TRACK REGIONALS 5/20/2022**

**ORDER OF EVENTS**

**10:30 a.m. – 11:30 IMPLEMENT WEIGH IN**

**11:00 a.m. - COACHES MEETING**

**FIELD EVENTS**:

12:00 P.M. Javelin – 5AG, 6AG (East field), 6AB, 5AB (West field)

Pole Vault – 6AG, 5AG, 6AB, 5AB

Discus – 6AG, 5AG (East ring), 5AB, 6AB (West Ring)

Long Jump - 6AG, 5AG, 5AB, 6AB (West Runway)

Triple Jump - 5AB, 6AB, 6AG, 5AG (East Runway)

High Jump – 5AG, 6AG (West Pit), 6AB, 5AB (East Pit)

Shot Put – 6AB, 5AB (North ring), 5AG, 6AG (South ring)

**RUNNING EVENTS: PRELIMINARIES 2:00**

**Order of running events: 5AG - 6AG – 5AB – 6AB**

\*\*ONLY ATHLETES WARMING UP FOR THEIR EVENTS WILL BE ALLOWED ON THE INFIELD\*\*

GIRLS 100 M HIGH HURDLES

BOYS 110 M HIGH HURDLES

GIRLS 100 M DASH

BOYS 100 M DASH

GIRLS 200 M DASH

BOYS 200 M DASH

**RUNNING EVENTS: FINALS**

**\*\*4 x 800 Relay Finals will begin immediately after prelims end.\*\***

GIRLS 4X800 M RELAY

BOYS 4X800 M RELAY

**100M HURDLES FINALS WILL BEGIN 30 MINUTES AFTER THE CONCLUSION OF THE BOYS 4x800 M RELAY**

GIRLS 100 M HURDLES

BOYS 110 M HIGH HURDLES

GIRLS 100 M DASH

BOYS 100 M DASH

GIRLS 1600 M RUN (May be run in 2 heats if more than 18 are entered)

BOYS 1600 M RUN (May be run in 2 heats if more than 18 are entered)

GIRLS 4X100 M RELAY

BOYS 4X100 M RELAY

GIRLS 400 M DASH

BOYS 400 M DASH

GIRLS 300 M LOW HURDLES

BOYS 300 M INTERMEDIATE HURDLES

GIRLS 800 M RUN (May be run in 2 heats if more than 18 are entered)

BOYS 800 M RUN (May be run in 2 heats if more than 18 are entered)

GIRLS 200 M DASH

BOYS 200 M DASH

GIRLS 3200 M RUN

BOYS 3200 M RUN

GIRLS 4X400 M RELAY

BOYS 4X400 M RELAY

PRESENTATION OF TEAM TROPHIES (50-yard line)