

**ORDER OF EVENTS
REGIONAL TRACK AND FIELD MEET
2018**

FIELD EVENTS:

3:30 P.M.

**BOYS POLE VAULT FOLLOWED BY GIRLS (east runway)
BOYS DISCUS FOLLOWED BY GIRLS DISCUS (discus circle)
GIRLS JAVELIN (outside runway)
BOYS JAVELIN TO FOLLOW IMMEDIATELY AFTER
GIRLS HIGH JUMP (south pit)
BOYS HIGH JUMP TO FOLLOW IMMEDIATELY AFTER
GIRLS LONG JUMP FOLLOWED BY GIRLS TRIPLE (east runway)
BOYS LONG JUMP FOLLOWED BY BOYS TRIPLE(west runway)
GIRLS SHOT PUT FOLLOWED BY BOYS SHOT PUT (west ring)**

RUNNING EVENTS: PRELIMINARIES 4:30 (times are estimations)

**4:30 GIRLS 100 M HIGH HURDLES (West side of track)
4:40 BOYS 110 M HIGH HURDLES (West side of track)
4:50 GIRLS 100 M DASH (West side of track)
5:00 BOYS 100 M DASH (West side of track)
5:10 GIRLS 200 M DASH
5:20 BOYS 200 M DASH
5:30 GIRLS 4X800 RELAY
 BOYS 4X800 RELAY to follow**

FINALS: 30 Minutes after prelims(4x800) !!!

**GIRLS 100 M HIGH HURDLES (West side of track)
BOYS 110 M HIGH HURDLES (West side of track)
GIRLS 100 M DASH
BOYS 100M DASH
GIRLS 1600 M RUN
BOYS 1600 M RUN
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
BOYS 800 M RUN
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*Note rolling schedule is a guide, if we get ahead we will adjust and allow breaks, in past at the 800m we have had to slow down the meet.**