

**Region 4-AAAAAAA Track and Field 2021**

**Tuesday 4/27 Schedule (Field Events and 4x800 Finals)**

**3:30 pm Coaches Meeting**

**3:50 pm Implement Weigh-In (both sessions should weigh shots/discuses at this time)**

**4:30 pm 1st Round of Field Events**

- Boys Discus Throw
- Girls Shot Put
- Boys High Jump (5-8)
- Girls Triple Jump
- Boys Long Jump
- Girls Pole Vault (7-0)

**5:30 pm 2nd Round of Field Events (earlier if 1st round finishes)**

- Girls Discus Throw
- Boys Shot Put
- Girls High Jump (4-8)
- Boys Triple Jump
- Girls Long Jump
- Boys Pole Vault (10-0)

**6:30 pm 4x800m Relay Finals**

**Thursday 4/29 Running Finals Schedule**

- *Timed finals and places determined regardless of heat.*
- *Top 4 advance to Sectionals*

**3:30 pm Coaches Meeting**

**4:20 pm Track closed**

**4:30 pm 4x100m Relay**

**4:40 pm 1600m Run**

**4:55 pm 400m Dash**

**5:10 pm \*\*\*4x200m Relay\*\*\* *Exhibition Event / Non-Scored (counts towards event entries)***

**5:25 pm 100m Dash**

**5:40 pm 100m Intermediate Hurdles / 110m High Hurdles**

**5:55 pm 800m Run**

**6:10 pm 200m Dash**

**6:25 pm 300m Intermediate Hurdles**

**6:40 pm 3200m Run**

**7:00 pm 4x400m Relay 3 turn stagger**

**7:30 pm Presentation of team trophies**