

Region 4-7A Track & Field Championships

Thursday Apr. 28 @ The Big Orange Jungle

12:00 PM Coaches Meeting

- MIS Reports due
- Pole Vault Verification Forms due
- "One for one" changes due

12:10 PM Parkview field event athletes/volunteers dismissed to come to the stadium

12:15 PM Implement weigh-in (girls & boys)

1:00 PM 1st Round of Field Events

**Girls Long Jump
Boys Triple Jump
Boys High Jump
(5-6 starting height)
Girls Pole Vault
(7-0 starting height)
Girls Shot Put
Boys Discus**

2:00 PM 2nd Round of Field Events

**Boys Long Jump
Girls Triple Jump
Girls High Jump
(4-6 starting height)
Boys Pole Vault
(10-0 starting height)
Boys Shot Put
Girls Discus**

3:00 PM Track/infield closed to ALL

3:10 PM 4x800m Relay

3:40 PM 100m Hurdles / 110m Hurdles

3:55 PM 100m Dash

4:10 PM 4x200m Relay

4:25 PM 1600m Run

4:40 PM 4x100m Relay

4:55 PM 400m Dash

5:10 PM 300m Hurdles

5:25 PM 800m Run

5:40 PM 200m Dash

5:55 PM 3200m Run

6:25 PM 4x400m Relay

6:40 PM Presentation of Region Championship trophies