

Updated Meet Schedule - 7A Region 4

Day One (April 16)

4:00 FIELD EVENTS

Girls - Long Jump Pit One Followed by Triple jump

Boys - Long jump Pit Two Followed by Triple jump

Girls - High Jump Followed by Boys

Girls - Shot Followed by Boys

Boys - Discus Followed by Girls

Girls - Pole Vault Followed by Boys

4:30 - Girls 4X800 Followed by Boys

5:00 - Girls 4X200 Followed by Boys

6:30 - Girls 3200 Followed by Boys

Day Two (April 18)

4:30 p.m. 100m Hurdles

4:40 p.m. 110m Hurdles

4:50 p.m. 100m Girls

5:00 p.m. 100m Boys

5:10 p.m. 1600m Girls

5:20 p.m. 1600m Boys

5:30 p.m. 4x100R Girls

5:40 p.m. 4x100R Boys

5:50 p.m. 400m Girls

6:00 p.m. 400m Boys

6:10 p.m. 300m Hurdles Girls

6:20 p.m. 300m Hurdles Boys

6:30 p.m. 800m Girls

6:40 p.m. 800m Boys

6:50 p.m. 200m Girls

7:00 p.m. 200m Boys

7:20 p.m. 4x400R Girls

7:30 p.m. 4x400R Boys

- 1600m/3200m will be 1 heat of each gender in dual alleys
- 800m will be 2 Heats of 9 starting on the green lines with a break line, no waterfall.
- Short Sprint events we will take the fastest 8 times and put them in one heat regardless and then the 2nd and 3rd heats will have 5 athletes (assuming entries are maxed out) If any of these events have 16 or less, we can combine the two "5 person heats" and make 1 slower heat of 8 or less.
- When all the entries are closed, I will take a look at the 800m and see if there is a "natural break" in the seed times at the 10th place entry. I would hate to have the 9th place person be a 2:04.1 800m kid, and the 10th place kid be a 2:04.3 800m kid and then have it drop all the way down to 2:07 for 11th place. In that scenario, it makes sense to let that 10th place entry run in the fast heat. If that is indeed the case when the entries do close, I will shoot something out to everyone to look at together.

*Remember we are qualifying on TIME here and not as "heat winners."