



### FHSAA TRACK & FIELD REGION (SINGLE) MEET SCHEDULE

#### RUNNING EVENTS

Time	Class	Event	Round
8:30 AM	ALL	3200m Run*	Final
11:30 AM	ALL	4x800m Relay*	Final
12:30 PM	ALL	100m Hurdles	Preliminaries
12:45 PM	ALL	110m Hurdles	Preliminaries
1:00 PM	ALL	100m Dash	Preliminaries
1:15 PM	ALL	4x100m Relay	Preliminaries
1:25 PM	ALL	400m Dash	Preliminaries
1:40 PM	ALL	300m Hurdles	Preliminaries
1:55 PM	ALL	200m Dash	Preliminaries
2:05 PM	ALL	800m Run*	Final
4:45 PM	ALL	100m Hurdles	Final
Rolling Schedule	ALL	110m Hurdles	Final
	ALL	100m Dash	Final
	ALL	Adapted 200m** (10 min. break if no entries)	Final
	ALL	4x100m Relay	Final
	ALL	400m Dash	Final
	ALL	Adapted 800m** (20 min. break if no entries)	Final
	ALL	300m Hurdles	Final
	ALL	200m Dash	Final
	ALL	1600m Run*	Final
	ALL	4x400m Relay (Timed Finals)	Final

\*One heat per class.

\*\*One heat combined classes and genders if applicable.

All races to be run in order of class.

6:00 PM	ALL	Team Awards	
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#### FIELD EVENTS

Time	Event	Boys/Girls
9:00 AM	Long Jump	Girls followed by Boys
	High Jump	Girls
	Pole Vault	Girls
	Shot Put	Boys
	Discus	Girls
11:00 AM	Triple Jump	Girls followed by Boys
	High Jump	Boys
	Pole Vault	Boys
	Shot Put (Adapted to Follow Girls)	Girls
	Discus	Boys