

2A Regional Track & Field
Herington – May 19, 2017 @ 1:00 p.m.
Order of Events

FIELD EVENTS-1:00 P.M.

<u>Girls</u>		<u>Boys</u>	
1:00	Shot Put (West Ring)	1:30	Shot Put (East Ring)
1:30	Discus (West Ring)	1:00	Discus (East Ring)
2:00	High Jump (Following Boys)	1:00	High Jump
1:00	Long Jump (NE Pit)	2:00	Long Jump (NE Pit)
2:00	Triple Jump (NW Pit)	1:00	Triple Jump (NW Pit)
2:00	Javelin (Following Boys)	1:00	Javelin
1:00	Pole Vault	1:30	Pole Vault (Following Girls)

PRELIMS - 3:00 P.M. (If needed based on the number of entries)

- *Girls 100 Meter Hurdles
- *Boys 110 Meter Hurdles
- *Girls 100 Meter Dash
- *Boys 100 Meter Dash
- *Girls 200 Meter Dash
- *Boys 200 Meter Dash
- Girls 4x800 Meter Relay
- Boys 4x800 Meter Relay

******30 Minute Break******

RUNNING EVENTS- (No sooner than 4:00 P.M.) (Girls followed by Boys)

- *#Girls 100 Meter High Hurdles
- *Boys 110 Meter High Hurdles
- *Girls 100 Meter Dash
- *Boys 100 Meter Dash
- Girls 1600 Meter Run
- Boys 1600 Meter Run
- *Girls 4x100 Meter Relay
- *Boys 4x 100 Meter Relay
- *Girls 400 Meter Dash
- *Boys 400 Meter Dash
- *Girls 300 Meter Low Hurdles
- *Boys 300 Meter Intermediate Hurdles
- Girls 800 Meter Run
- Boys 800 Meter Run
- *Girls 200 Meter Dash
- *Boys 200 Meter Dash
- Girls 3200 Meter Run
- Boys 3200 Meter Run
- Girls 4x400 Meter Relay
- Boys 4x400 Meter Relay

***Run in lanes all the way**