

2018 4A East Regional Track Meet Schedule

8:00	Gates Open/Packet Pick-up Available
8:15-9:00	Pole Vaulter Weigh-Ins and implement inspections open
8:45	Officials' Meeting in POD 5
9:00 – 9:30	Coaches Meeting in POD 5
9:45	Girls' Field Events: Long Jump, High Jump, Shot Put Boys' Field Events: Triple Jump, Pole Vault, Discus, Wheelchair Discus
9:55	Girls' 4 x 800 Meter Relay followed by Boys
10:05	Girls' 100 Meter High Hurdles (Prelims)
10:20	Boys' 110 High Hurdles (Prelims)
10:35	Girls' 100 Meter Dash (Prelims) Followed by Boys'
11:25	National Anthem sung by Nicole Stirling

11:30

Finals Begin (Rolling Schedule)

Girls' Field Events: Triple Jump, Pole Vault, Discus
Boys' Field Events: Long Jump, High Jump, Shot Put, Wheelchair Shot
Girls' 100 Hurdles, Followed by Boys' 110
Girls' 100 Meter Dash,
Girls' 100 Meter Dash Wheelchair
Boys' 100 Meter Dash
Boys' 100 Meter Dash Wheelchair
Girls' 4 x 200 Meter Relay, Followed by Boys'
Girls' 1600 Meter Run, Followed by the Boys'
Girls' 4 x 100 Relay, Followed by the Boys'
Girls' 400 Meter dash, Followed by the Boys'
Girls' 300 Meter Hurdles, Followed by the Boys'
Girls' 800 Meter Run, Followed by the Boys'
Girls' 200 Meter Dash
Girls' 200 Meter Dash Wheelchair
Boys' 200 Meter Dash
Boys' 200 Meter Dash Wheelchair
Girls' 3200 Meter Run, Followed by the Boys'
Girls' 4 x 400 Meter Relay, Followed by the Boys'

Team Award Presentation