

Region III 3A/4A
Track & Field Championships @ Palmer High School
May 19th – 20th

FRIDAY MAY 19th

8:30 am – Coaches Meeting – In the Theater

** Boys Shot and Girls Disc will be weighed at this time.*

10:00 am - Field Events

- 3A Girls High Jump Pit 1
- 4A Girls High Jump Pit 2
- 4A Girls Long Jump Pit 1
- 3A Boys Triple Jump pit 2
- 3A Girls Discus
- 4A Boys Shot Put

11:30 am- 3200m run

- Girls 3200m Finals 3A
- Girls 3200m Finals 4A
- Boys 3200m Finals 3A
- Boys 3200m Finals 4A

12:00 pm

- 4A Boys Long Jump Pit 1
- 3A Girls Triple Jump Pit 2
- 4A Girls Discus
- 3A Boys Shot Put

12:30 pm running preliminaries:

- 12:30 Girls 100m hurdles 3A
- 12:40 Girls 100m hurdles 4A
- 12:50 Boys 110m hurdles 3A
- 1:00 Boys 110m hurdles 4A
- 1:15 Girls 100m 3A
- 1:25 Girls 100m 4A
- 1:35 Boys 100m 3A
- 1:45 Boys 100m 4A
- 2:00 Girls 400m 3A
- 2:10 Girls 400m 4A
- 2:20 Boys 400m 3A
- 2:30 Boys 400m 4A
- 2:45 Girls 300m intermediate hurdles 3A
- 2:55 Girls 300m intermediate hurdles 4A
- 3:10 Boys 300m intermediate hurdles 3A
- 3:20 Boys 300m intermediate hurdles 4A
- 3:35 Girls 800m 3A
- 3:45 Girls 800m 4A
- 3:55 Boys 800m 3A
- 4:05 Boys 800m 4A
- 4:15 Girls 200m 3A
- 4:25 Girls 200m 4A
- 4:35 Boys 200m 3A
- 4:45 Boys 200m 4A

*****Times are an estimate and we will keep the meet moving if we are ahead of time.**

SATURDAY May 20th

9:00 am – Coaches Meeting –Finish Line * *Boys Disc and Girls Shot will be weighed.*

10:00 am Field Events

- 4A Boys High Jump
- 3A Boys Long Jump pit 1
- 4A Girls Triple Jump pit 2
- **Special Olympics Shot Put, followed by 3AGirls Shot Put**
- 4A Boys Discus

12:00 pm Field Events

- 3A Boys High Jump
- **Special Olympics Long Jump pit 1 and 2 followed by 4A Girls and 3A Boys**
- 3A Girls Long Jump pit 1
- 4A Boys Triple Jump pit 2
- 4A Girls Shot Put
- 3A Boys Discus

12:30 pm - Running Finals

- Girls 3200m relay 3A
- Girls 3200m relay 4A
- Boys 3200m relay 3A
- Boys 3200m relay 4A
- Girls 100m hurdles 3A
- Girls 100m hurdles 4A
- Boys 110m hurdles 3A
- Boys 110m hurdles 4A
- Girls 100m 3A
- Girls 100m 4A
- Boys 100m 3A
- Boys 100m 4A
- **Special Olympic Girls 100m**
- **Special Olympic Boys 100m**
- Girls 800m relay 3A
- Girls 800m relay 4A
- Boys 800m relay 3A
- Boys 800m relay 4A
- Girls 1600m 3A
- Girls 1600m 4A
- Boys 1600m 3A
- Boys 1600m 4A
- Girls 400m relay 3A
- Girls 400m relay 4A
- Boys 400m relay 3A
- Boys 400m relay 4A
- **Special Olympic Girls Unified 4x100m Relay**
- **Special Olympic Boys Unified 4x100m Relay**
- Girls 400m 3A
- Girls 400m 4A
- Boys 400m 3A
- Boys 400m 4A
- Girls 300m intermediate hurdles 3A
- Girls 300m intermediate hurdles 4A
- Boys 300m intermediate hurdles 3A
- Boys 300m intermediate hurdles 4A
- Girls 800m3A
- Girls 800m4A
- Boys 800m 3A
- Boys 800m 4A
- Girls 200m 3A
- Girls 200m 4A
- Boys 200m 3A
- Boys 200m 4A
- Girls 1600m relay 3A
- Girls 1600m relay 4A
- Boys 1600m relay 3A
- Boys 1600m relay 4A