

# 4A East Regional Event Schedule

Friday, May 13<sup>th</sup>

## Field Events:

- 8:00 a.m. Implement & vaulter weigh-ins @ Okie Blanchard Sports Complex (near shot rings)
- 9:00 a.m. Pole Vault – Boys followed by Girls  
Girls Long Jump  
Boys Discus
- 11:30 a.m. Girls High Jump
- 2:00 p.m. Boys Long Jump  
Girls Shot Put

## Running Events:

- |            |                        |         |
|------------|------------------------|---------|
| 9:00 a.m.  | 800 Meter Run          | Finals  |
| 9:40 a.m.  | 100 Meter Int. Hurdles | Prelims |
|            | 110 Meter High Hurdles | Prelims |
| 10:40 a.m. | 100 Meter Dash         | Prelims |
| 11:30 a.m. | 300 Meter Low Hurdles  | Prelims |
|            | 300 Meter Int. Hurdles | Prelims |

## ***Lunch Break***

- |           |                 |         |
|-----------|-----------------|---------|
| 2:00 p.m. | 200 Meter Dash  | Prelims |
| 2:45 p.m. | 3200 Meter Run  | Finals  |
| 4:15 p.m. | 400 Meter Relay | Finals  |
| 5:00 p.m. | 400 Meter Dash  | Prelims |

# 4A East Regional Event Schedule

Saturday, May 14<sup>th</sup>

## Field Events:

8:00 a.m.	Implement & vaulter weigh-Ins
9:00 a.m.	Boys Triple Jump Girls Discus
11:30 a.m.	Boys High Jump
2:00 p.m.	Boys Shot Put Girls Triple Jump

## Running Events:

9:00 a.m.	3200 Meter Relay	Finals
10:00 a.m.	100 Meter Int. Hurdles	Finals
	110 Meter High Hurdles	Finals
11:15 a.m.	100 Meter Dash	Finals

## ***Lunch Break***

1:00 p.m.	400 Meter Dash	Finals
1:35 p.m.	1600 Meter Run	Finals
3:00 p.m.	300 Meter Low Hurdles	Finals
	300 Meter Int. Hurdles	Finals
3:30 p.m.	200 Meter Dash	Finals
4:30 p.m.	1600 Meter Relay	Finals