**Region Thirteen Track & Field Championships**

**May 10, 2017**

 **9:30 AM Coaches Meeting**

**10:00 AM** **10:00 AM**

 Girls Sprint Medley Relay (1 Heat) Boys High Jump

 Boys Sprint Medley Relay (1 Heat) Girls Long Jump

 Girls 100 m. Hurdles Trials Girls Discus

 Boys 110 m. Hurdles Trials Boys Javelin

 Girls 100 m. Dash Trials

 Boys 100 m. Dash Trials **10:45 AM**

 Girls 400 m. Dash Trials Girls Shot Put

 Boys 400 m. Dash Trials (allows girls in Discus 1st flight

 Girls 300 m. Hurdles Trials to have time without running

 Boys 300 m. Hurdles Trials back and forth)

 Girls 200 m. Dash Trials

 Boys 200 m. Dash Trials

 Girls 1600 m. Run (2 Heats)

 Boys 1600 m. Run (2 Heats)

**45 Minute Lunch Break**

(To allow athletes time to rest between trials and finals)

 Girls 100 m. Hurdles **Finals 12:30 PM**

 Boys 110 m. Hurdles **Finals** Girls High Jump

 Girls 100 m. Dash **Finals** Boys Long Jump

 Boys 100 m. Dash **Finals** Boys Discus

 Girls 4 x 100 m. Relay (1 Heat) Girls Javelin

 Boys 4 x 100 m. Relay (1 Heat) **1:15 PM**

 Girls 400 m. Dash **Finals** Boys Shot Put

 Boys 400 m. Dash **Finals** (allows boys in Discus 1st flight

 Girls 300 m. Hurdles **Finals** to have time without running

 Boys 300 m. Hurdles **Finals** back and forth)

 Girls 800 m. Run (2 Heats)

 Boys 800 m. Run (2 Heats)

 Girls 200 m. Dash **Finals**

 Boys 200 m. Dash **Finals**

 Girls 3200 m. run (1 Heat)

 Boys 3200 m. run (1 Heat)

 Girls 4 x 400 m. Relay (1 Heat)

 Boys 4 x 400 m. Relay (1 Heat)

 Awarding of Championship Trophies

TIMES ARE APPROXIMATE. WE WILL KEEP THE SCHEDULE MOVING. THERE WILL BE A 45 MINUTE LUNCH BREAK BETWEEN TRIALS AND FINALS TO ALLOW ATHLETES TIME TO RECOVER. We will make sure that any athlete who is in a race has 15 minutes before he/she has to start a following race