**Region 16 Championships**

**Running Events Field Events**

**10:00 Girls Medley Relay 10:00**

**10:10 Boys Medley Relay Girls Long Jump**

**10:25 Girls 100 meter hurdles prelim Boys High Jump**

**10:35 Boys 110 meter hurdles prelim Boys Discus**

**10:50 Girls 100 meters prelim Girls Shot**

**10:55 Boys 100 meters prelim Boys Javelin**

**11:15 Girls 400 meter prelim**

**11:20 Boys 400 meter prelim**

**11:30 Girls 1600 meter final**

**11:40 Boys 1600 meter final**

**11:55 Girls 4X100 relay final**

**12:05 Boys 4X100 relay final**

**12:20 Girls 300 hurdles prelim**

**12:30 Boys 300 hurdles prelim**

**12:45 Girls 200 meters prelim**

**12:55 Boys 200 meters prelim 1:45**

**Lunch Break Girls High Jump**

**1:45 Girls 100 meter hurdle finals Boys Long Jump**

**1:50 Boys 100 meter hurdle finals Girls Discus**

**1:55 Girls 100 meter finals Boys Shot**

**2:00 Boys 100 meter finals Girls Javelin**

**2:05 Girls 800 meter finals**

**2:10 Boys 800 meter finals**

**2:25 Girls 400 meter finals**

**2:30 Boys 400 meter finals**

**2:45 Girls 300 hurdle finals**

**2:50 Boys 300 hurdle finals**

**3:05 Girls 200 meter finals**

**3:15 Boys 200 meter finals**

**3:20 Girls 3200 meter**

**3:40 Boys 3200 meter**

**4:00 Girls 4X400 meter relay**

**4:10 Boys 4X400 meter relay**