2023 Region 23 Championship

**Weigh-ins: 10:30 am Coaches meeting: 10:45 am**

**Running Events Field Events**

(We will run the 3200m @ 11:00. **START TIME: 11:00 am**

Then the Medley will start at 12:30.)

3200 M Girls High Jump

Medley Relay Girls Discus

100 M Hurdles Boys Long Jump

110 M Hurdles Boys Shot Put

100 M Boys Javelin

4x100 M Relay 400 M

Break

300 M Hurdles **Field Events**

800 M **START TIME**:

200M (We will start as soon as the

1600 M above event is complete.)

4x400 M Relay

Boys High Jump Boys Discus Girls Long Jump Girls Shot Put Girls Javelin