**4A West Regional Track & Field Meet Schedule**

# Friday May 10, 2019

**FIELD EVENTS**

**Friday 1:00 Start:**

1:00 pm:   boys triple jump, girls discus, boys pole vault

3:00 pm:   girls triple jump, boys discus, girls pole Vault

**RUNNING EVENTS**

2:00 pm 800 meter finals

2:30 pm 100 girls high hurdles prelims

              110 boys high hurdles prelims

3:15 pm 100 meter prelims

4:00 pm 300 meter hurdles prelims

4:45 pm 200 meter prelims

5:30 pm 3200 meter run finals

6:15 pm 400 meter relay finals

7:00 pm 400 meter prelims

7:45 pm 1600 meter sprint medley relay finals

**Saturday May 11, 2019**

**FIELD EVENTS**

9:00 am:   girls shot put,  boys long jump, girls high jump

12:00 pm:  boys shot put,  girls long jump, boys high jump

**RUNNING EVENTS**

10:00 am 3200 meter relay finals

10:30 am 100 girls high hurdles finals

                  110 boys high hurdles finals

11:00 am 100 meter finals

11:45 pm 400 meter finals

12:30 pm 1600 meter finals

1:15 pm 300 meter hurdles finals

2:00 pm 200 meter finals

2:45 pm 1600 meter relay finals

\*\*Times May be Adjusted Due To Weather\*\*