

## **2024 REGIONS CHAMPIONSHIP SCHEDULE**

**Friday, May 17<sup>th</sup>**

<u><b>Time</b></u>	<u><b>Event</b></u>
<b>10:00</b>	<b>Girls Long Jump</b> <b>Boys Long Jump</b> <b>Boys Discus</b> <b>Girls Shot Put</b>
<b>12:00</b>	<b>Unified/Part Shot Put Coed</b> Awards- Girls long jump Awards- Boys long jump Awards- Girls shot Awards- Boys discus
<b>1:00</b>	<b>Girls High Jump</b> <b>Boys High Jump</b>  Awards – Unified Shot Put
<b>2:30</b>	<b>Unified/Part Long Coed</b>
<b>2:30</b>	2:25 – Announce 3200G runners <b>Girls 3200m Finals</b> 2:50 – Announce 3200B runners Awards – Girls High Jump
<b>2:55</b>	<b>Boys 3200m Finals</b>
<b>PRELIMS for the following</b>	
<b>3:15</b>	Awards – Boys High Jump <b>Girls 100m Hurdles</b> Awards - Girls 3200
<b>3:25</b>	<b>Boys 110m Hurdles</b> Awards - Boys 3200
<b>3:35</b>	<b>Girls 100m Prelims</b>
<b>3:43</b>	<b>Boys 100m Prelims</b>
<b>3:53</b>	<b>Girls 400m Prelims</b>
<b>4:13</b>	<b>Boys 400m Prelims</b>
<b>4:33</b>	<b>Girls 300m Hurdles</b>
<b>4:48</b>	<b>Boys 300m Hurdles</b>
<b>5:03</b>	<b>Girls 800m Prelims</b>
<b>5:23</b>	<b>Boys 800m Prelims</b>
<b>5:38</b>	<b>Girls 200m Prelims</b>
<b>5:47</b>	<b>Boys 200m Prelims</b>

## **2024 REGIONS CHAMPIONSHIP SCHEDULE**

**Saturday, May 18<sup>th</sup>**

<u><b>Time</b></u>	<u><b>Event</b></u>
9:00	<b>Girls Triple Jump</b> <b>Boys Triple Jump</b> <b>Boys Shot</b> <b>Girls Discus</b>  Awards- Girls triple jump Awards- Boys triple jump Awards- Girls discus Awards- Boys shot put
11:50	<b>National Anthem</b> 11:55 - Announce Relay participants
12:00	<b>Girls 4x800m</b> 12:20 - Announce Relay participants
12:25	<b>Boys 4x800m</b> 12:40 Announce Hurdlers <b>Awards- Girls 4 X 800</b>
12:45	<b>Girls 100m Hurdles</b> 12:50 Announce Hurdlers <b>Awards- Boys 4 X800</b>
12:55	<b>Boys 110m Hurdles</b> 1:00 Announce runners – unified and partner <b>Awards-Girls 100mH</b>
1:05	<b>Partner 100m</b> <b>Awards- Boys 100m</b>
1:15	<b>Unified 100m</b> 1:20 Announce runners
1:25	<b>Girls 100m</b> 1:30 Announce runners
1:35	<b>Boys 100m</b> 1:40 Announce runners
1:45	<b>Girls 4x200m</b> 1:50 Announce runners
1:55	<b>Boys 4x200m</b> 2:00 Announce runners <b>Awards- Girls 100 &amp; 4X200</b>
2:05	<b>Girls 1600m</b> 2:20 Announce runners <b>Awards- Boys 100 &amp; 4X200</b>
2:25	<b>Boys 1600m</b> 2:42 Announce runners

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**Awards- Girls 1600**  
**2:45 Unified 4x100m**  
2:50 Announce runners  
**Awards- Boys 1600**  
**2:55 Girls 4x100m**  
3:00 Announce runners  
**3:05 Boys 4x100m**  
3:10 Announce runners  
**Awards- Girls 4 X 100**  
**3:15 Girls 400m**  
3:20 Announce runners  
**Awards Boys 4 X1 00**  
**3:25 Boys 400m**  
3:30 Announce hurdlers  
**Unified awards - 100 & 4 X 100**  
**3:35 Girls 300m Hurdles**  
3:40 Announce hurdlers  
**Awards- Girls 400m & Boys 400m**  
**3:45 Boys 300m Hurdles**  
3:50 Announce runners  
**Awards- Girls 300H**  
**3:55 Girls 800m**  
4:05 Announce runners  
**Awards- Boys 300H**  
**4:10 Boys 800m**  
4:15 Announce runners  
**Awards- Girls 800**  
**4:20 Girls 200m**  
4:25 Announce runners  
**Awards- Boys 800**  
**4:30 Boys 200m**  
4:35 Announce runners  
**Awards Girls 200**  
**4:40 Girls 4x400m**  
4:50 Announce runners  
**Awards Boys 200**  
**4:55 Boys 4x400m**  
**Awards- Girls 4X400. Boys 4X 400**  
**Team awards**