

**2019 D II REGIONAL TRACK & FIELD CHAMPIONSHIPS
AUSTINTOWN FITCH**

THURSDAY, MAY 23, 2019

FIELD EVENTS (PRELIMINARY TRIALS AND FINALS): 5:00 pm
(Venues open to supervised warm-ups @ 4:00 pm)

BOYS: Long Jump, Pole Vault, Discus
GIRLS: High Jump, Shot Put

TRACK EVENTS: 6:30 pm

FINALS

Girls 4x800m Relay
Boys 4x800m Relay

SEMIFINALS

Girls 100m Hurdles
Boys 110m Hurdles
Girls 100m Dash
Boys 100m Dash
Girls 4x200m Relay
Boys 4x200m Relay
Girls 4x100m Relay
Boys 4x100m Relay
Girls 400m Dash
Boys 400m Dash
Girls 300m Hurdles
Boys 300m Hurdles
Girls 200m Dash
Boys 200m Dash
Girls 4x400m Relay
Boys 4x400m Relay

- NOTE:
1. THE FIRST HEAT OF THE GIRLS 4X100 RELAY MAY BEGIN NO EARLIER THAN 15 MINUTES AFTER THE START OF THE FIRST HEAT OF THE GIRLS 4X200 RELAY
 2. THE FIRST HEAT OF THE BOYS 4X100 RELAY MAY BEGIN NO EARLIER THAN 15 MINUTES AFTER THE START OF THE FIRST HEAT OF THE BOYS 4X200 RELAY
 3. THE FIRST HEAT OF THE GIRLS 4X400 RELAY MAY BEGIN NO EARLIER THAN 20 MINUTES AFTER THE START OF THE FIRST HEAT OF THE GIRLS 200 METER DASH
 4. THE FIRST HEAT OF THE BOYS 4X400 RELAY MAY BEGIN NO EARLIER THAN 20 MINUTES AFTER THE START OF THE FIRST HEAT OF THE BOYS 200 METER DASH

SATURDAY, MAY 25, 2019

FIELD EVENTS (PRELIMINARY TRIALS AND FINALS): 11:30 am
(Venues open to supervised warm-ups @ 10:30 am)

BOYS: High Jump, Shot Put
GIRLS: Pole Vault, Long Jump, Discus

TRACK EVENT FINALS: 1:00 pm

1:00 Girls 100m Hurdles
1:05 Boys 110m Hurdles
1:10 Girls 100m Dash
1:12 Boys 100m Dash
1:15 Girls 4x200m Relay
1:25 Boys 4x200m Relay
1:35 Girls 1600m Run
1:45 Boys 1600m Run
1:55 Girls 4x100m Relay
2:00 Boys 4x100m Relay
2:05 Girls 400m Dash
2:10 Boys 400m Dash
2:15 Girls 300m Hurdles
2:20 Boys 300m Hurdles
2:25 Girls 800m Run
2:30 Boys 800m Run
2:35 Girls 200m Dash
2:40 Boys 200m Dash
2:45 Girls 3200m Run
3:00 Boys 3200m Run
3:15 Girls 4x400m Relay
3:25 Boys 4x400m Relay