**2A REGION 3 REGIONAL TRACK MEET**

**2025 SCHEDULE OF EVENTS**

**FRIDAY, APRIL 18TH, 2025**

**8:00 AM.**             Coaches Meeting     Indoor Facility

 8:00-9:45 & 2:30-3:45 Track will be open for Handoffs

            \***Field Events – Finals Session 1**

**9:00 a.m**.           Girls Pole Vault followed by Boys Pole Vault

*(Girls Vaulters will have to weigh in from 7:30-8:30 am. Boys will weigh in after the Girls Vaulting competition is complete)*

 9:30 am.               Boys Long Jump followed by Girls

                                    9:30 am .              Girls Shot Put followed by Boys

  (*Weigh in all Shots Boys & Girls -From 7:30 AM-8:30 AM – weigh in at Shot Ring)*

**\*Field Events -Finals Session 2**

 **1**:30 p.m.              Boys Triple Jump followed by Girls

                                    **1**:30 p.m               Girls High Jump followed by Boys

                                    **1**:30 p.m.              Girls Discus followed by Boys

(*Weigh in all Disc Boys & Girls -From 7:30 AM-8:30 AM and from 12:00-12:30 PM weigh in at Disc Ring)*

**4:40 – 1st, 2nd & 3rd Place Medals Awarded at Awards Stand -All Field Event**

**\*Running Events**

**9:00 AM.                  3200-meter Run                                Girls**

**9:15 AM                   3200-meter Run                                 Boys**

 \***Running Events-Preliminaries** 8:00-9:15 & 5:00-5:45 Track will be open for

 **6:00** p.m.                  4 x 100-meter Relay                          Girls/Boys

                                   6:35 p.m.                     100-meter Hurdles                            Girls

 6:45 p.m.                    110-meter Hurdles                              Boys

                                   7:00 p.m.                    100-meter Dash                                  Girls/Boys

                                   7:20 p.m.                    4 x 200-meter Relay                          Girls/Boys

                                   7:45 p.m.                    400 meter Dash                                  Girls/Boys

                                   7:55 p.m.                    300-meter Hurdles                              Girls/Boys

                                   8:10 p.m.                   200-meter Dash                                  Girls/Boys

                                   8:35 p.m.                    4 x 400 meter Relay                           Girls/Boys

**SATURDAY,  APRIL 19TH, 2025**

**\*Running Events-Finals   Medals will be presented at the Awards Stand for 1st, 2nd & 3rd place. Runners will be escorted to the Awards Stand immediately following each Race.**

10:00 a.m.                     4 x 100-meter Relay                            Girls/Boys

                                    10:15 a.m.                     800-meter Run                                     Girls/Boys

                                    10:30 a.m.                     100-meter Hurdles                               Girls

                                    10:45 a.m.                     110-meter Hurdles                               Boys

                                    11:00 a.m.                     100-meter Dash                                   Girls/Boys

                                    11:15 a.m.                     4 x 200-meter Relay                            Girls/Boys

                                    11:30 a.m.                     400-meter Dash                                   Girls/Boys

                                    11:45 a.m.                     300-meter Hurdles                               Girls/Boys

                                    12:00 p.m.                     200-metter Dash                                  Girls/Boys

                                    12:15 p.m.                     1600-meter Run                                   Girls/Boys

                                    12:35 p.m.                     1600-meter Relay                                Girls/Boys