**Region X Track Championships 2018**

**Order of Events**

Girls will compete first in all running events

All final heats will be fastest to slowest

**Wed April 9th -** This is a running schedule.

2:30 p.m. Afternoon weigh-in Northwest end of stadium in front of Field House.

3:00 p.m. Coaches meeting in the Bullpen (on the infield)

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| **3:30 PM Running Events** | **3:30 PM Field Events** |
| 100 M / 110M Hurdle Trials | Boys Javelin |
| 100 M Dash Trials | Girls Long Jump |
| 1600 M Run Final | Boys High Jump |
| 400 M Dash Trial | Girls Discus |
| 300 M Hurdle Trial | Boys Shot Put |
| 200 M Dash Trial |  |
| Medley Relay Final |  |

**Thursday April 10th**

2:30 PM Weigh-in Northwest end of stadium in front of Track Shed.

2:30 PM. Coaches meeting in the Bullpen (on the infield)

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| **3:30 PM Running Events** | **3:30 PM  Field Events** |
| 100M/110M Hurdles Final | Girls Javelin |
| 100M  Final | Boys Long Jump |
| 3200 Meter Final | Girls High Jump |
| 400M Dash Final | Boys Discus |
| 4 X 100  Relay Final**Academic All Region** | Girls Shot Put |
| 300m Hurdles Final |  |
| 800m Run Final |  |
| 200m Dash Final |  |
| 4 X 400m Relay Final |  |