

MHSAA DIVISION 4 REGIONAL TRACK AND FIELD MEET
SATURDAY, MAY 20, 2017
EAST JORDAN HIGH SCHOOL

TENTATIVE TIME SCHEDULE
(WE WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE.)

- 8:00 a.m. Men's Pole Vault followed by Women's
Implements weighed, measured and marked.
- 8:00 - 8:45 a.m. Field Event Warm-Up
- 8:30 a.m. Scratch sheets for morning events are due in the press box.
Coach's Meeting
- 8:58 a.m. National Anthem
- 9:00 a.m. **Field Events Begin:**
(The opposite gender will follow in each event the final contestant in each
respective field event. Announcements will be made as each event is
completed.)
Women's High Jump
Women's Shot Put
Men's Discus
Men's Long Jump
- 10:30 a.m. **3200M Relay** (4 x 800)
- 10:30 a.m. **Preliminaries in the following Order:** (If needed after scratches.)
100M Dash
110M Hurdles
100M Hurdles
- 11:30 a.m. Afternoon scratch sheets are due in the press box
- 12:00 p.m. National Anthem
- 12:15 p.m. **FINAL EVENTS BEGIN** (Women run first)
100M Hurdles (Women)
110M Hurdles (Men)
100M Dash
800M Relay (4 x 200)
1600M Run
400M Relay (4 x 100)
400M Dash
300M Hurdles
800M Run
200M Dash
3200M Run
1600M Relay (4 x 400)