



# 3A Schedule of Events May 2, 2011



**MONDAY**

3/29

\* All changes from last year's regional schedule are in RED!

\* Shot and discus shall be weighed between 7:30 and 8:30 am at the Throw Venue.

**3A FIELD:** Athletes shall report to their staging area 1 hour prior to event.

*All Field Event times are CST Morning Times (am)*

Discus - <i>West Complex</i>	3A Girls	11:30 am
Long Jump	3A Girls	11:30 am
High Jump	3A Boys	9:00 am
Shot Put - <i>East Complex</i>	3A Boys	11:30 am
Triple Jump	3A Boys	11:30 am
<b>POLE VAULT</b>	<b>3A BOYS</b>	<b>1:00 pm</b>

\* Field Event Awards for 9:00 am events are presented at 12 noon at the Fuller Track.

\* Field Event Awards for 11:30 am events are presented at 2 pm at the Fuller Track.

**3A TRACK PRELIMS:**

*Running Prelims: Order - 3A Girls then 3A Boys.  
All Running Event times are CST.*

3200 METER RUN	3A GIRLS	10:30 am
	3A BOYS	
4 x 100 Meter Relay	3A Girls	6:00 pm
	3A Boys	
800 Meter Run (2 heats of 12)	3A Girls	6:20 pm
	3A Boys	
100 Meter Low Hurdles	3A Girls	6:40 pm
110 Meter High Hurdles	3A Boys	
100 Meter Dash	3A Girls	7:00 pm
	3A Boys	
4 x 200 Meter Relay	3A Girls	7:15 pm
	3A Boys	
400 Meter Dash	3A Girls	7:45 pm
	3A Boys	
300 Meter Int. Hurdles	3A Girls	8:05 pm
	3A Boys	
200 Meter Dash	3A Girls	8:25 pm
	3A Boys	
4 x 400 METER RELAY	3A GIRLS	8:45 pm
	3A BOYS	



# 3A / 5A Schedule of Events May 3, 2011



**TUESDAY**

3/29

\* All changes from last year's regional schedule are in RED!

\* Shot and discus shall be weighed between 7:30 and 8:30 am at the Throw Venue.

**3A & 5A FIELD:** Athletes shall report to their staging area 1 hour prior to event.  
*All Field Event times are CST*

POLE VAULT		5A GIRLS - 1:00 pm
	3A GIRLS - 9:00 am	
Discus	3A Boys - 11:30 am <i>West</i>	5A Boys - 9:00 am <i>West</i>
Shot Put	3A Girls - 11:30 am <i>East</i>	5A Girls - 9:00 am <i>East</i>
High Jump	3A Girls - 9:00 am <i>East</i>	5A Girls - 9:00 am <i>West</i>
Triple Jump	3A Girls - 11:30 am <i>West</i>	5A Girls - 9:00 am <i>West</i>
Long Jump	3A Boys - 11:30 am <i>East</i>	5A Boys - 9:00 am <i>East</i>

\* Field Event Awards for 9:00 am events are presented at 12 noon at the Fuller Track.

\* Field Event Awards for 11:30 am events are presented at 2 pm at the Fuller Track.

**3A & 5A TRACK FINALS:** *Order-3A Girls, 5A Girls, 3A Boys, 5A Boys*  
*All running events times are CST Afternoon Times (pm)*

4 x 100 Meter Relay	3A/5A Girls	3A/5A Boys	2:30 pm
800 Meter Run	3A/5A Girls	3A/5A Boys	2:45 pm
100 Meter Low Hurdles	3A/5A Girls	3A/5A Boys	3:05 pm
110 Meter High Hurdles	3A/5A Girls	3A/5A Boys	3:20 pm
100 Meter Dash	3A/5A Girls	3A/5A Boys	3:35 pm
4 x 200 Meter Relay	3A/5A Girls	3A/5A Boys	3:50 pm
400 Meter Dash	3A/5A Girls	3A/5A Boys	4:05 pm
300 Meter Int. Hurdles	3A/5A Girls	3A/5A Boys	4:25 pm
200 Meter Dash	3A/5A Girls	3A/5A Boys	4:40 pm
1600 Meter Run	3A/5A Girls	3A/5A Boys	4:55 pm
4 x 400 Meter Relay	3A/5A Girls	3A/5A Boys	

\* Running event awards presented immediately following each race.

\* Team trophy presentation follows the final event.