

2019 Region 4 Track & Field Championships
@ Pleasant Grove High School (May 8-9)

Running Events

Wednesday

100/110 Meter Hurdles Trials
100 Meters Trials
1600 Meters Finals
400 Meters Trials
300 Meter Hurdles Trials
200 Meters Trials
Medley Relay Finals

Thursday

3200 Meters Finals
100/110 Meter Hurdles Finals
100 Meters Finals
Academic All Region
4x100 Meters Finals
400 Meters Finals
300 Meter Hurdles Finals
800 Meters Finals
200 Meters Finals
4x400 Meter Relay Finals

Field Events

Wednesday

Boys High Jump
Girls Long Jump
Girls Pole Vault
Boys Shot Put
Boys Javelin
Girls Discus

Thursday

Girls High Jump
Boys Long Jump
Boys Pole Vault
Girls Shot Put
Girls Javelin
Boys Discus