**2016 Region VI Track & Field Championships**

**Hosted by: Kearns High School**

**May 11th and 12th 3:30 pm**

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| **Wednesday, May 11th** | **Thursday, May 12th** |
| **Track Events:**Girls followed by Boys | **Track Events:**Girls followed by Boys |
| 1600 Meter Run Finals | 3200 Meter Run Finals |
| 100/110 Meter Hurdles Trials | 100/110 Hurdles Finals |
| 100 Meter Dash Trials | 100 Meter Dash Finals |
| 400 Meter Run Trials | 4x100 Meter Relay Finals |
| 300 Meter Hurdles Trials | 400 Meter Dash Finals |
| 200 Meter Dash Trials | 300 Meter Hurdles Finals |
| Sprint Medley Relay Finals | 800 Meter Run Finals |
|  | 200 Meter Dash Finals |
|  | 4x400 Meter Dash Finals |
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| **Field Events:**Girls’ Long Jump | **Field Events:**Boys’ Long Jump |
| Girls’ Shot Put | Boys’ Shot Put |
| Boys’ Discus | Girls’ Discus |
| Girls’ Javelin | Boys’ Javelin |
| Boys’ High Jump | Girls’ High Jump |
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