3A East Regional Track and Field Meet

Rawlins, Wyoming

Friday, May 16th Schedule

10:30 a.m. Coaches Meeting – Press Box

 **(Reminder: only scratch and replace, no adds)**

 Pole Vault weigh-ins: North end of stadium

 Throwing Implement weigh-ins – Press box

12:00 noon. Boys’ Long Jump – Girls’ Triple Jump

 Girls’ Discus – Boys’ Shot Put

 Girls’ Pole Vault - Boys’ High Jump

 (Pole vault may be changed pending weather)

**Awards for Field Events will occur immediately following the event**

1:30 p.m. 800 M Run Girls Finals

 800 M Run Boys Finals

2:15 p.m. 100 m Hurdles Girls Prelims

2:30 p.m. 110 m Hurdles Boys Prelims

3:15 p.m. 100m Dash Girls Prelims

 100m Dash Boys Prelims

3:35 p.m. 300m Hurdles Girls Prelims

 300m Hurdles Boys Prelims

3:55 p.m. 200m Dash Girls Prelims

 200m Dash Boys Prelims

4:15 p.m. 3200m Run Girls Finals

 3200m Run Boys Finals

4:50 p.m. 400m Relay Girls Finals

 400m Relay Boys Finals

5:00 p.m. 400m Dash Girls Prelims

 400m Dash Boys Prelims

3A East Regional Track and Field Meet

Rawlins, Wyoming

Saturday, May 17th Schedule

8:30 a.m. Coaches Meeting – Press Box

 **(Reminder: only scratch and replace, no adds)**

Throwing Implement weigh-ins – Press Box

9:30 a.m. Girls’ Long Jump – Boys’ Triple Jump

 Girls’ Shot – Boys’ Discuss

 Boys’ Pole Vault – Girls’ High Jump

 (Pole vault may be changed pending weather)

**Awards for Field Events will occur immediately following the event**

11:00 a.m. 3200 m Relay Girls Finals

 3200 m Relay Boys Finals

11:45 a.m. 100 m Hurdles Girls Finals

12:00 p.m. 110m Hurdles Boys Finals

12:30 p.m. 100m Dash Girls Finals

 100m Dash Boys Finals

1:05 p.m. 400m Dash Girls Finals

 400m Dash Boys Finals

1:35 p.m. 1600m Run Girls Finals

 1600m Run Boys Finals

2:15 p.m. 300m Hurdles Girls Finals

 300m Hurdles Boys Finals

2:45 p.m. 200m Dash Girls Finals

 200m Dash Boys Finals

3:15 p.m. 1600m Relay Girls Finals

 1600m Relay Boys Finals

**Team Awards will follow as soon as possible.**