REGION 16 CHAMPIONSHIPS 2019 9:00 AM START

3200 m run final Field Events

100m Hurdles Prelim Boys Javelin followed by Girls

110m Hurdles Prelim Girls High Jump followed by Boys

100 m dash Prelim Boys Long Jump followed by Girls

400 m dash prelim Girls Discus followed by Boys

300 m Hurdles Prelim Boys Shot followed by Girls

200 m dash Prelim

Break 1 Hour

1600 m run Final

100m hurdles Final

110m hurdles final

100 m dash final

400 m dah Final

4x100 m relay final

300 m hurdles final

1600 medley relay final

800 m run final

200 m dash final

1600 m relay (4x400)