Region 9 Tri-Meet Schedule

(Maple Mountain, Springville and Provo)

All running events will be girls then boys. We will seed races at the starting line going fastest to slowest.

**Running Order of Event**

* 100H/110H
* 100
* 1600
* 4x200
* 400
* 300H
* 4x100
* 800
* 200
* 3200
* 4x400

We will not compete the 4x800 and will combine the 3200.

**Field Events (3 attempts per event with no finals)**

* Shot Put (Boys then girls)
* Javelin (Boys then girls)
* Discus (Girls then boys)
* High Jump (Girls then boys)
* Long Jump (Open pit)