  DAY 1 .

**Running Events 3:30 (Girls then Boys, 1600 and Medley fastest heats first)**

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

**Field Events start at 3:00 School in charge of event**

**Implement check in from 2:00-3:30**

Girls Javelin Alta  
Girls Shot Put Corner Canyon  
Girls Long Jump Provo  
Boys Discus Orem  
Boys High Jump (5’4” O.H.)   Timpanogos

  DAY 2 .

**Running Events 3:30 (Girls then Boys, 3200 Slow heats first, 800, Relays fastest heats first)**

3200 Meters Finals  
100/110 Meter Hurdles Finals

100 Meters Finals  
Academic All-Region Presentation

4x100 Meter Relay Finals  
400 Meters Finals  
300 Meter Hurdles Finals  
800 Meters Finals  
200 Meters Finals  
4x400 Meter Relay Finals

**Field Events 3:00 School in charge of event**

**Implement check in from 2:00-3:30**

Boys Javelin Alta  
Boys Shot Put Corner Canyon  
Boys Long Jump Provo  
Girls Discus Orem  
Girls High Jump (4’4” O.H.) Timpanogos