**2019 JV Region 3 Championships**

@ West Jordan High School

**Track Events**

**3:30 PM**

100H/110H

100m

1600m

4x100m

400m

300mH

800m

Medley

200m

3200m

4x400m

Twinkie Relay (throwers only)

Coaches 4x100m relay

**Field Events**

**3:30 PM**

High Jump-north end

Pole Vault- south end

Long Jump-south end

Shot Put- north field

Discus- north field

Javelin –located between the Softball & Baseball fields on the North West side.

\*All field events will be open pit except PV & HJ.