

Region 7 Quad-Meet – April 27th, 2022
@ Cedar Valley

Estimated Schedule of Events
ROLLING SCHEDULE

TRACK EVENTS

3:30 – 4x800m Relay (Combine Boys & Girls)
3:45 – Girls 100m Hurdles
3:55 – Boys 110m Hurdles
4:05 – Girls 100m Dash
4:20 – Boys 110m Dash
4:35 – 4x200m Relay (Combine Boys & Girls)
4:40 – Girls 1600m Run
4:50 – Boys 1600m Run
5:00 – Girls 4x100m Relay
5:05 – Boys 4x100m Relay
5:10 – Girls 400m Dash
5:25 – Boys 400m Dash
5:40 – Girls 300m Hurdles
5:50 – Boys 300m Hurdles
6:00 – Girls 800m Run
6:10 – Boys 800m Run
6:20 – Girls 200m Dash
6:25 – Boys 200m Dash
6:30 – 3200m Run (Combine Boys & Girls)
6:45 – Girls 4x400m Relay
6:55 – Boys 4x400m Relay

FIELD EVENTS

3 Attempts – No finals

3:30 – Boys Shotput
3:30 – Girls Discus
3:30 – Girls Javelin

5:00 – Boys Discus
5:00 – Boys Javelin
5:00 – Girls Shotput

3:30 – Boys Long Jump Flight 1

5:00 – Girls Long Jump Flight 1

5:30 – Long Jump (Open Pit)

3:30 – Pole Vault (Open Pit: Starts at 5'0")

3:30 – High Jump (Open Pit: Starts at 4'0")

