**\*Updated\* 2023 Region III Championships**

**Order of Events**

**Wednesday, May 10th**

3:00pm Unified 50 m Dash

3:30pm Unified 4 x 100m Relay

4:00pm Girls 4x200m Relay / Boys 4x200m Relays FINALS

4:15pm Girls 100m Hurdles / Boys 110m Hurdles TRIALS

4:45pm Girls 100m Dash / Boys 100m Dash TRIALS

5:15pm Boys 1600m Run FINALS

5:35pm Girls 400m Dash / Boys 400m Dash TRIALS

6:05pm Girls 300m Hurdles / Boys 300m Hurdles TRIALS

6:35pm Girls 3200m Run FINALS

7:05pm Girls 200m Dash / Boys 200m Dash TRIALS

7:35pm Girls 4x800m Relay / Boys 4x800m Relay FINALS

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3:00pm Unified Shot Put

3:30pm Boys Discus FINALS

3:30pm Girls Shot Put FINALS

3:30pm Girls High Jump FINALS

3:30pm Boys Long Jump FINALS

3:30pm Boys Pole Vault FINALS

3:30pm Girls Javelin FINALS

**Thursday, May 11th**

3:30pm Girls 100m Hurdles / Boys 110m Hurdles FINALS

3:40pm Girls 100m Dash / Boys 100m Dash FINALS

3:50pm Girls 1600m Run FINALS

4:10pm Girls 4x100m Relay / Boys 4x100m Relays FINALS

4:25pm Girls 400m Dash / Boys 400m Dash FINALS

4:50pm Girls 300m Hurdles / Boys 300m Hurdles FINALS

5:00pm Girls 800m Run / Boys 800m Run FINALS

5:30pm Girls 200m Dash / Boys 200m Dash FINALS

5:45pm Boys 3200m Run FINALS

6:15pm Girls 4x400m Relay / Boys 4x400m Relay FINALS

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3:30pm Girls Discus FINALS

Boys Shot Put FINALS

Boys High Jump FINALS

Girls Long Jump FINALS

Girls Pole Vault FINALS

Boys Javelin FINALS