**2021 Region 5 Relays**

**Meet Schedule. - Approximate Time Schedule.  Number of heats in parentheses.**

3:30  **Girls 100 Hurdles** (3)

3:38  **Boys 110 Hurdles** (2)

3:45     **100 Meter Dash** (7)

4:00.   **4 x 800 Meter Relay** (2)

4:25.   Sprint Medley.  100-100-200-400  (2)

4:35.  **4 x 100 Meter Relay** (2)

4:45.   Medley Relay.  200-200-400-800 (2)

5:00.   **1600 Meter Run**.  (3)

5:25.   **4 x 200 Meter Relay** (4)

5:45.   Distance Medley Relay.  1200-400-800-1600  (2)

6:15.   **4 x 400 Meter Relay** (4)

**Field Events**

3:15/4:45

**Girls Shot Put/Boys Shot Put**

**Boys Discus/Girls Discus**

**Girls Javelin/Boys Javelin**

**Boys Long Jump/Girls Long Jump**

**Girls High Jump/Boys High Jump**