**Region 7 AAAAAA**

**Track and Field Championships**

**@ Cambridge High School**

**Day 1 April 18, 2018**

**1:45 Coaches Meeting**

**2:15 Implement Weigh-in**

**2:15 Boy’s Long Jump, immediately Followed by Girl’s Triple Jump**

**2:45 Boy’s High Jump, Discus, Pole Vault; Girl’s Shot Put**

**4:45** Running Events (Rolling Schedule) Preliminariesunless noted**.**

Girls Followed by Boys

**4 X 100 Relay**

**1600 Boy’s Final**

**400**

**100**

**100 H**

**110 HH**

**800**

**200**

**300 H**

**3200 Girl’s Final**

**4 X 400 Relay**

**Day 2 April 20, 2018 (Finals)**

**3:00 Coaches Meeting**

**3:15 Implement Weigh-in**

**3:15 Girl’s Long Jump, immediately Followed by Boy’s Triple Jump**

**3:45 Boy’s Shot Put; Girl’s High Jump, Discus, Pole Vault**

**Running Finals**

**5:45 4 X 100 Relay**

**5:55 1600 Girls**

**6:10 400**

**6:20 100**

**6:35 100 H/110 HH**

**6:50 800**

**7:05 200**

**7:20 300 H**

**7:35 3200 Boys**

**7:50 4 X 400**

**Awards to Follow**