

**2016 D I REGIONAL TRACK & FIELD CHAMPIONSHIPS  
AUSTINTOWN FITCH**

**WEDNESDAY, MAY 25 2016:**

**FIELD EVENTS (PRELIMINARY TRIALS AND FINALS): 5:00 pm**

**BOYS: Long Jump, Pole Vault, Discus  
GIRLS: High Jump, Shot Put**

**TRACK EVENTS: 6:00 pm**

**FINALS**

Girls 4x800m Relay  
Boys 4x800m Relay

**SEMIFINALS**

Girls 100m Hurdles  
Boys 110m Hurdles  
Girls 100m Dash  
Boys 100m Dash  
Girls 4x200m Relay

Boys 4x200m Relay  
Girls 4x100m Relay  
Boys 4x100m Relay  
Girls 400m Dash

Boys 400m Dash

Girls 300m Hurdles  
Boys 300m Hurdles  
Girls 200m Dash  
Boys 200m Dash  
Girls 4x400m Relay  
Boys 4x400m Relay

- NOTE: 1. THE FIRST HEAT OF THE GIRLS 4X100 RELAY MAY BEGIN  
NO EARLIER THAN 15 MINUTES AFTER THE START OF THE  
FIRST HEAT OF THE GIRLS 4X200 RELAY
2. THE FIRST HEAT OF THE BOYS 4X100 RELAY MAY BEGIN  
NO EARLIER THAN 15 MINUTES AFTER THE START OF THE  
FIRST HEAT OF THE BOYS 4X200 RELAY
3. THE FIRST HEAT OF THE GIRLS 4X400 RELAY MAY BEGIN  
NO EARLIER THAN 20 MINUTES AFTER THE START OF THE  
FIRST HEAT OF THE GIRLS 200 METER DASH
4. THE FIRST HEAT OF THE BOYS 4X400 RELAY MAY BEGIN  
NO EARLIER THAN 20 MINUTES AFTER THE START OF THE  
FIRST HEAT OF THE BOYS 200 METER DASH

**FRIDAY, MAY 27, 2016:**

**FIELD EVENTS (PRELIMINARY TRIALS AND FINALS): 5:00 pm**

**BOYS: High Jump, Shot Put  
GIRLS: Pole Vault, Long Jump, Discus**

**TRACK EVENT FINALS: 6:00 pm**

6:00 Girls 100m Hurdles  
6:05 Boys 110m Hurdles  
6:10 Girls 100m Dash  
6:12 Boys 100m Dash  
6:15 Girls 4x200m Relay  
6:25 Boys 4x200m Relay  
6:35 Girls 1600m Run  
6:45 Boys 1600m Run  
6:55 Girls 4x100m Relay  
7:00 Boys 4x100m Relay  
7:05 Girls 400m Dash  
7:10 Boys 400m Dash  
7:15 Girls 300m Hurdles  
7:20 Boys 300m Hurdles  
7:25 Girls 800m Run  
7:30 Boys 800m Run  
7:35 Girls 200m Dash  
7:40 Boys 200m Dash  
7:45 Girls 3200m Run  
8:00 Boys 3200m Run  
8:15 Girls 4x400m Relay

8:25 Boys 4x400m Relay