

2017 3A East Regional CHAMPIONSHIPS ORDER OF EVENTS

Day One- Thursday, May 18th, 2017
3A East Schools

Time	Track Events	Time	Field Events
3:30	Coaches Meeting/Officials Meeting	Location: Start/Finish Line	
3:45	Implement/Athlete Weigh-In	Pole Vault: Track Shed Shot/Disc: Blue Container	
4:30	Girls 4 x 800 <u>Order for All Track Events:</u> 3A Girls 3A Boys	4:15 Boys Shot Put Boys High Jump Boys Long Jump Girls Discus Girls Triple Jump Girls Pole Vault	
4:45	Boys 4 x 800		
5:00	100 Meter Dash Semi Finals <i>(Heat winners, then next fastest times)</i>		
5:15	100/110 Hurdle Semi Finals <i>(Heat winners, then next fastest times)</i>		
15 minute break in the Events			
5:45	200 Meter Dash Semi Finals <i>(Heat winners, then next fastest times)</i>		
5:55	3200 Meter Run Finals <i>(Assuming 2 heat of Girls and 2 heats of Boys)</i>		
6:50	800 Meter Relay Finals		

*If prelims in the 100m Dash or the 100/110m Hurdles are needed they will be held **BEFORE** the 3200m Relay.*

3A East Games Committee
TBD

Opening Heights for 3A East

Event	Male	Female
Pole Vault	7 – 0	6 – 0
High Jump	5 – 2	4 – 2

Note 1: For Pole Vault, we will increase by 6" until 10-6 and 8-0. Then we will go directly to the advancement standard of 10-10 and 8-4. Then we will go to 11-6 and 9-0.

Note 2: For Boys High Jump, we will increase by 2" until 5-10. Then we will go directly to the advancement standard of 5-11. Then we will go to 6-0.

2017 3A East Regional CHAMPIONSHIPS ORDER OF EVENTS
Day Two- Saturday, May 20th, 2017

Time	Track Events	Time	Field Events
9:00	Coaches Meeting/Officials Meeting <i>Breakfast provided for Coaches/officials only</i>	Location: School Cafeteria	
9:45	Implement/Athlete Weigh-In	Pole Vault: Track Shed Shot/Disc: Blue Container	
10:00	100/110 Hurdle Finals <u>Order for all events track events:</u> 3A Girls 3A Boys	10:30	3A Girls Shot Put 3A Boys Triple Jump 3A Girls High Jump 3A Boys Discus 3A Girls Long Jump 3A Boys Pole Vault
10:15	100 Meter Dash Finals		
10:25	1600 Meter Run Finals		
11:00	400 Meter Dash Finals		
11:30	300 Meter Hurdles Finals		
12:00	200 Meter Dash Finals		
12:20	800 Meter Run Finals		
1:00	400 Meter Relay Finals		
1:15	15 minute break in the Events (For Clean-up Purposes)		
1:30	1600 Meter Relay Finals		
1:50	Awards Presentation		

3A East Games Committee
TBD

Opening Heights for 3A East

Event	Male	Female
Pole Vault	7 – 0	6 – 0
High Jump	5 – 2	4 – 2

Note 1: For Pole Vault, we will increase by 6" until 10-6 and 8-0. Then we will go directly to the advancement standard of 10-10 and 8-4. Then we will go to 11-6 and 9-0.

Note 2: For Boys High Jump, we will increase by 2" until 5-10. Then we will go directly to the advancement standard of 5-11. Then we will go to 6-0.