

# REGION V TRACK & FIELD CHAMPIONSHIPS

May 19-20, 2023

@ Thunder Mountain HS

*Times are estimates, meet will be run on a "rolling schedule" unless more than 20 minutes ahead of schedule.*

## FRIDAY, MAY 19

**9:00 am Coaches' Meeting  
(TMHS B-211)**

**11:00 HIGH JUMP  
(Prelims & Finals)**  
Girls High Jump  
Boys High Jump (after girls)

**12:30 pm SHOT PUT & TRIPLE JUMP  
(DII Prelims/Finals, followed by DI)**  
Boys Shot Put  
Unified Shot Put  
Girls Shot Put (after unified)  
Girls Triple Jump  
Boys Triple Jump (after girls)

**3:00 pm RUNNING EVENTS  
(Finals; DI and DII together)**  
3:00.....Girls 3200  
3:20.....Boys 3200

**3:45 pm RUNNING EVENTS  
(Preliminaries; DII Heats then DI Heats)**  
3:45.....Girls 100m Hurdles  
4:00.....Boys 110m Hurdles  
4:15.....Girls 100m Dash  
4:35.....Boys 100m Dash (DI only)  
4:45.....Girls 400m Dash  
5:05.....Boys 400m Dash  
5:25.....Girls 300m Hurdles (DI only)  
5:35.....Boys 300m Hurdles  
5:50.....Girls 800m Run  
6:15.....Boys 800m Run (DII only)  
6:30.....Girls 200m Dash (DI only)  
6:45.....Boys 200m Dash (DI only)

## SATURDAY, MAY 20

**8:30 am FIELD EVENTS  
(DII Prelims/Finals, followed by DI)**  
Girls Discus  
Boys Discus (after girls)  
Boys Long Jump  
Unified Long Jump  
Girls Long Jump (after unified)

**11:00 am RUNNING EVENTS  
(Finals; DII then DI)**  
11:00.....Girls 3200m **Relay**  
11:15.....Boys 3200m **Relay**  
11:30.....Girls 100 Hurdles  
11:40.....Boys 110 Hurdles  
11:50.....Girls 100m Dash  
11:55.....Unified 100m Dash  
12:00.....Boys 100m Dash  
12:10.....Girls 800m **Relay**  
12:25.....Boys 800m **Relay**  
12:40.....Girls 1600m Run  
12:50.....Boys 1600m Run  
1:00.....Girls 400m **Relay**  
1:10.....Boys 400m **Relay**  
1:25.....Girls 400m Dash  
1:35.....Boys 400m Dash  
1:50.....Girls 300m Hurdles  
2:00.....Boys 300m Hurdles  
2:10.....Girls 800m Run  
2:25.....Boys 800m Run  
2:40.....Girls 200m Dash  
2:50.....Boys 200m Dash  
3:00.....Girls 1600m **Relay**  
3:15.....Boys 1600m **Relay**  
\*Awards ceremony will begin at conclusion of the meet.

\*\*SENIOR RECOGNITION\*\* Following Day 1