

# REGION V TRACK & FIELD CHAMPIONSHIPS

May 18 – 19, 2018

*Hosted by Juneau-Douglas & Thunder Mt High Schools*

## FRIDAY, MAY 18, 2018

- 9:00 am** Coaches' Meeting  
(*TMHS Library*)
- 11:00** **FIELD EVENTS**  
(*Prelims & Finals*)
- Girls High Jump ( )  
Boys High Jump (after girls)
- 1:30 pm** 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; 1A/2A/3A/4A together*)
- 3:00..... Girls 3200  
3:20.....Boys 3200
- 3:45 pm** **RUNNING EVENTS**  
(*Preliminaries; 1A/2A/3A Heats, then 4A Heats*)
- 3:45.....Girls 100m Hurdles  
4:00.....Boys 110m Hurdles  
4:15.....Girls 100m Dash  
4:25.....Boys 100m Dash  
4:35.....Girls 400m Dash  
4:50.....Boys 400m Dash  
5:10.....Girls 300m Hurdles  
5:20.....Boys 300m Hurdles  
5:30.....Girls 800m Run  
5:40.....Boys 800m Run  
5:50.....Girls 200m Dash  
6:00.....Boys 200m Dash

## SATURDAY, MAY 19, 2018

- 8:30 am** **FIELD EVENTS**  
(*Prelims & Finals*)
- Girls Discus  
Boys Discus (after girls)  
Boys Long Jump  
Unified Long Jump  
Girls Long Jump (after unified)
- 11:00 am** **RUNNING EVENTS**  
(*Finals; 1A/2A/3A final then 4A*)
- 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  
Unified 100m Dash  
12:00.....Boys 100m Dash  
12:10.....Girls 800m **Relay**  
12:25.....Boys 800m **Relay**  
12:40.....Girls 1600m Run (1race)  
12:50.....Boys 1600m Run (1 race)  
1:00.....Girls 400m **Relay**  
Unified 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  
2:15.....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 the conclusion of meet.