

NORTH 2A/5A REGIONAL MEET

April 26 & APRIL 29, 2023

FIELD EVENTS & 3200M RUN - APRIL 26

****SHOT/DISCUS WEIGH-IN: 9:00AM - 10:00AM ON THE INFIELD****

CLASS 2A	GIRLS	SHOT PUT	10:00 AM
CLASS 2A	GIRLS	LONG JUMP	1:45 PM
CLASS 2A	GIRLS	DISCUS	11:30 AM
CLASS 2A	GIRLS	HIGH JUMP	1:00 PM
CLASS 2A	GIRLS	TRIPLE JUMP	11:30 AM
CLASS 2A	GIRLS	POLE VAULT	10:45 AM
CLASS 2A	BOYS	SHOT PUT	1:45 PM
CLASS 2A	BOYS	LONG JUMP	12:15 PM
CLASS 2A	BOYS	DISCUS	10:00 AM
CLASS 2A	BOYS	HIGH JUMP	10:45 PM
CLASS 2A	BOYS	TRIPLE JUMP	1:00 PM
CLASS 2A	BOYS	POLE VAULT	12:15 PM
CLASS 5A	GIRLS	SHOT PUT	11:30 AM
CLASS 5A	GIRLS	LONG JUMP	12:15 PM
CLASS 5A	GIRLS	DISCUS	1:00 PM
CLASS 5A	GIRLS	HIGH JUMP	10:00 AM
CLASS 5A	GIRLS	TRIPLE JUMP	10:45 AM
CLASS 5A	GIRLS	POLE VAULT	1:45 PM
CLASS 5A	BOYS	SHOT PUT	12:15 PM
CLASS 5A	BOYS	LONG JUMP	10:00 AM
CLASS 5A	BOYS	DISCUS	10:45 AM
CLASS 5A	BOYS	HIGH JUMP	1:45 PM
CLASS 5A	BOYS	TRIPLE JUMP	11:30 AM
CLASS 5A	BOYS	POLE VAULT	1:00 PM

*****2A GIRLS 3200M RUN - 2:30PM / 5A GIRLS 3200M RUN - 2:50PM*****

*****2A BOYS 3200M RUN - 3:10PM / 5A BOYS 3200M RUN - 3:30PM*****

NORTH 2A/5A REGIONAL MEET

April 26 & APRIL 29, 2023

RUNNING EVENTS - APRIL 29

10:15 PRAYER & NATIONAL ANTHEM

10:20 2A Girls 300m Hurdles
10:25 5A Girls 300m Hurdles
10:27 2A Boys 300m Hurdles
10:32 5A Boys 300m Hurdles
10:37 2A Girls 800m Relay
10:40 5A Girls 800m Relay
10:43 2A Boys 800m Relay
10:46 5A Boys 800m Relay
10:51 2A Girls 3200m Relay
11:06 5A Girls 3200m Relay
11:21 2A Boys 3200m Relay
11:36 5A Boys 3200m Relay
11:51 2A Girls 400m Relay
11:54 5A Girls 400m Relay
11:57 2ABoys 400m Relay
12:00 5A Boys 400m Relay
12:07 2A Girls 100m Hurdles
12:12 5A Girls 100m Hurdles
12:17 2A Boys 110m Hurdles
12:22 5A Boys 110m Hurdles
12:27 2A Girls 100m Dash
12:32 5A Girls 100m Dash
12:34 2A Boys 100m Dash
12:39 5A Boys 100m Dash
12:41 2A Girls 1600m Run
12:51 5A Girls 1600m Run
1:01 2A Boys 1600m Run
1:11 5A Boys 1600m Run
1:21 2A Girls 400m Dash
1:26 5A Girls 400m Dash
1:29 2A Boys 400m Dash
1:34 5A Boys 400m Dash
1:37 2A Girls 800m Run
1:42 5A Girls 800m Run
1:47 2A Boys 800m Run
1:52 5A Boys 800m Run
1:58 2A Girls 200m Dash
2:03 5A Girls 200m Dash
2:06 2A Boys 200m Dash
2:11 5A Boys 200m Dash
2:14 **MANDATORY 30 MINUTE REST**
2:44 2A Girls 1600m Relay
2:49 5A Girls 1600m Relay
2:54 2A Boys 1600m Relay
2:59 5ABoys 1600m Relay