

Region 2AAA & 6AAA Track & Field PROPOSAL
Day 1 - Tuesday May 30, 2023

3:45 2AAA Girls	100m HH	3 heats - Advance heat winner plus next 6 fastest times		
3:55 6AAA Girls	100m HH			
4:15 2AAA Boys	110m HH	3 heats - Advance heat winner plus next 6 fastest times		
4:25 6AAA Boys	110m HH			
4:35 2AAA Girls	100m dash	3 heats - Advance heat winner plus next 6 fastest times		
2AAA Boys				
4:50 6AAA Girls	100m dash	3 heats - Advance heat winner plus next 6 fastest times		
6AAA Boys				
5:05 2AAA Girls	400m dash	3 heats - Advance heat winner plus next 6 fastest times		
2AAA Boys				
5:20 6AAA Girls	400m dash	3 heats - Advance heat winner plus next 6 fastest times		
6AAA Boys				
5:40 2AAA Girls	300mLH	3 heats - Advance heat winner plus next 6 fastest times		
5:50 6AAA Girls				
6:05 2AAA Boys	300mHH	3 heats - Advance heat winner plus next 6 fastest times		
6:10 6AAA Boys				
6:20 2AAA Girls	800m run	2 heats Advance heat winner plus next 7 fastest times		
2AAA Boys				
6:40 6AAA Girls	800m run	2 heats Advance heat winner plus next 7 fastest times		
6AAA Boys				
7:00 2AAA Girls	200m dash	3 heats - Advance heat winner plus next 6 fastest times		
2AAA Boys				
7:15 6AAA Girls	200m dash	3 heats - Advance heat winner plus next 6 fastest times		
6AAA Boys				
7:30 2AAA Girls	3200 run	1 heat	Finals	(Lapped athletes will be moved to Lane 3)
2AAA Boys				
8:00 6AAA Girls	3200 run	1 heat	Finals	(Lapped athletes will be moved to Lane 3)
6AAA Boys				

2:30 - 4:30. **Field Events** Prelims and Finals (2 flights for prelims, 9 qualifiers for finals)

2AAA Boys Triple Jump	6AAA Girls Long Jump
6AAA Boys Pole Vault	2AAA Girls High Jump
6AAA Boys Shot Put	2AAA Girls Discus

5:00 start (4:30 warmup time) **Field Events** Prelims and Finals. (2 flights for prelims, 9 qualifiers in finals)

6AAA Boys Triple Jump	2AAA Girls Long Jump
2AAA Boys Pole Vault	6AAA Girls High Jump
2AAA Boys Shot Put	6AAA Girls Discus

One High Jump Pit, one vault pit with one class following the other on same pit. Boys HJ starts at 5'7, girls start at 4'8

Region 2AAA & 6AAA Track & Field PROPOSAL - Day 2 - June 1, 2023

2:45	2AAA Girls 2AAA Boys	4x800 relay	1 heat each	Finals
3:10	6AAA Girls 6AAA Boys	4x800 relay	1 heat each	Finals
3:40	2AAA Girls 6AAA Girls	100m HH		Finals
3:50	2AAA Boys 6AAA Boys	110m HH		Finals
4:05	2AAA Girls 2AAA Boys	100m dash		Finals
4:15	6AAA Girls 6AAA Boys	100m dash		Finals
4:25	2AAA Girls 2AAA Boys	4x200 relay	1 heat each	Finals
4:35	6AAA Girls 6AAA Boys	4x200 relay	1 heat each	Finals
4:50	2AAA Girls 2AAA Boys	1600m run	2 heats of 12 each.	Finals
5:20	6AAA Boys 6AAA Boys	1600 m run	2 heats of 12/14 each.	Finals
5:50	2AAA Girls 2AAA Boys	4x100 relay	1 heat each	Finals
6:00	6AAA Girls 6AAA Boys	4x100 relay	1 heat each	Finals
6:10	2AAA Girls 2AAA Boys	400m dash		Finals
6:20	6AAA Girls 6AAA Boys	400m dash		Finals
6:35	2AAA Girls 6AAA Girls	300m LH		Finals
6:50	2AAA Boys 6AAA Boys	300m IH		Finals
7:05	2AAA Girls 2AAA Boys	800m run		Finals
7:15	6AAA Girls 6AAA Boys	800m run		Finals
7:35	2AAA Girls 2AAA Boys	200m dash		Finals
7:55	6AAA Girls 6AAA Boys	200m dash		Finals
8:20	2AAA Girls 2AAA Boys	4x400 relay	1 heat each	Finals
8:35	6AAA Girls 6AAA Boys	4x400 relay	1 heat each	Finals

2:30 -4:30. Field Events Prelims and Finals. (2 flights for prelims, 9 qualifiers in finals)

2AAA Girls Shot Put	6AAA Boys Discus
6AAA Girls Triple Jump	2AAA Boys Long Jump
6AAA Girls Pole Vault	6AAA Boys High Jump

5:00 start (4:30 warmup time) Field Events Prelims and Finals. (2 flights for prelims, 9 qualifiers in finals)

6AAA Girls Shot Put	2AAA Boys Discus
2AAA Girls Triple Jump	6AAA Boys Long Jump
2AAA Girls Pole Vault	2AAA Boys High Jump

9:00 Team Awards