

Region III 3A/4A
Track & Field Championships @ Kenai Central High School
May 20th – 21st

FRIDAY MAY 20th

8:30 am – Coaches Meeting – In the KCHS Commons

9:00am - * ***Boys Shot and Girls Disc will be weighed at this time.***

10:00 am - Field Events

- 3A Girls High Jump
- 4A Girls Long Jump Pit 1
- 3A Boys Triple Jump pit 2
- 3A Girls Discus
- 4A Boys Shot Put

12:00 pm

- 4A Girls High Jump
- 4A Boys Long Jump Pit 1
- 3A Girls Triple Jump Pit 2
- 4A Girls Discus
- 3A Boys Shot Put

2:00 pm- 3200m run

- Girls 3200m Finals 3A
- Girls 3200m Finals 4A
- Boys 3200m Finals 3A
- Boys 3200m Finals 4A

3:00 pm running preliminaries:

- 3:00 Girls 100m hurdles 3A
- 3:05 Girls 100m hurdles 4A
- 3:10 Boys 110m hurdles 3A
- 3:15 Boys 110m hurdles 4A
- 3:25 Girls 100m 3A
- 3:30 Girls 100m 4A
- 3:35 Boys 100m 3A
- 3:40 Boys 100m 4A
- 3:45 Girls 400m 3A
- 3:50 Girls 400m 4A
- 3:55 Boys 400m 3A
- 4:00 Boys 400m 4A
- 4:10 Girls 300m intermediate hurdles 3A
- 4:15 Girls 300m intermediate hurdles 4A
- 4:20 Boys 300m intermediate hurdles 3A
- 4:25 Boys 300m intermediate hurdles 4A
- 4:35 Girls 800m 3A
- 4:45 Girls 800m 4A
- 4:55 Boys 800m 3A
- 5:05 Boys 800m 4A
- 5:15 Girls 200m 3A
- 5:20 Girls 200m 4A
- 5:25 Boys 200m 3A
- 5:30 Boys 200m 4A

SATURDAY May 21st

9:00 am – Coaches Meeting –KCHS Commons * *Boys Disc and Girls Shot will be weighed.*

10:00 am Field Events

- 4A Boys High Jump
- 3A Boys Long Jump pit 1
- 4A Girls Triple Jump pit 2
- Special Olympics Shot Put, followed by 3A Girls Shot Put
- 4A Boys Discus

12:00 pm Field Events

- 3A Boys High Jump
- Special Olympics Long Jump pit 1 and 2 followed by 4A Girls and 3A Boys
- 3A Girls Long Jump pit 1
- 4A Boys Triple Jump pit 2
- 4A Girls Shot Put
- 3A Boys Discus

2:00 pm - Running Finals

- Girls 3200m relay 3A
- Girls 3200m relay 4A
- Boys 3200m relay 3A
- Boys 3200m relay 4A
- Girls 100m hurdles 3A
- Girls 100m hurdles 4A
- Boys 110m hurdles 3A
- Boys 110m hurdles 4A
- Girls 100m 3A
- Girls 100m 4A
- Boys 100m 3A
- Boys 100m 4A
- Special Olympic Girls 100m
- Special Olympic Boys 100m
- Girls 800m relay 3A
- Girls 800m relay 4A
- Boys 800m relay 3A
- Boys 800m relay 4A
- Girls 1600m 3A
- Girls 1600m 4A
- Boys 1600m 3A
- Boys 1600m 4A
- Girls 400m relay 3A
- Girls 400m relay 4A
- Boys 400m relay 3A
- Boys 400m relay 4A
- Special Olympic Girls Unified 4x100m Relay
- Special Olympic Boys Unified 4x100m Relay
- Girls 400m 3A
- Girls 400m 4A
- Boys 400m 3A
- Boys 400m 4A
- Girls 300m intermediate hurdles 3A
- Girls 300m intermediate hurdles 4A
- Boys 300m intermediate hurdles 3A
- Boys 300m intermediate hurdles 4A
- Girls 800m 3A
- Girls 800m 4A
- Boys 800m 3A
- Boys 800m 4A
- Girls 200m 3A
- Girls 200m 4A
- Boys 200m 3A
- Boys 200m 4A
- Girls 1600m relay 3A
- Girls 1600m relay 4A
- Boys 1600m relay 3A

- Boys 1600m relay 4A