

MHSAA Region 8-1 Time Schedule

3:00pm Discus and Shot Weight-In

3:30pm Coaches Meeting

4:00pm Field Events

Qualifying:

Men's Shot Put - 3 Attempts

Women's Discus - 3 Attempts

Women's Long Jump - 3 Attempts

Men's High Jump (starting hts. 5' 8" / 4' 8")

Women's Pole Vault (starting hts. 8' 3" / 11' 0")

4:30pm

Prelims:

100m Dash

High Hurdles

200m Dash

5:15pm

4 X 800 Meter Relay **Final**

Finals: **6:00 pm or 30 Minutes** after the completion of the 4 x 800m Relay

High Hurdles

100 Meter Dash

4 X 200 Meter Relay

1600 Meter Run

4 X 100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4 X 400 Meter Relay

Presentation of Trophies and Medal

In the Field Events:

The opposite gender will follow as soon as possible after the completion the finals of the first gender is completed. In Shot Put, Discus and Long Jump: The **top 9** from prelims will advance to finals which will immediately follow the prelims.