



**MHSAA Region 10-1**  
**Track and Field Championship**  
**Friday May 17, 2019**



**Time Schedule**

3:00pm      Discus and Shot Weight-In

3:30pm      Coaches Meeting

4:00pm      Field Events      Women's Shot Put - 3 Attempts  
Qualifying:      Men's Discus - 3 Attempts  
Men's Long Jump  
Women's High Jump  
Men's Pole Vault

In the Field      The opposite gender will follow as soon as possible after the completion the finals of the  
Events:      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.

4:30pm      4 X 800 Meter Relay Final

5:15pm      Prelims: 100m Dash - High Hurdles - 200m Dash

6:00 pm or 30 Minutes after the completion of the Prelims.

Finals:      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



**MHSAA Region 10-1**  
**Track and Field Championship**  
**Friday May 17, 2019**



**Important Notice**

**Because Safety and Communication Concerns:**

**The use of Ear Phones, Ear Buds, or any other listening device is NOT ALLOWED for:**

**Athletes that are on the Track Infield**

**Athletes in the High Jump, Long Jump, or Pole Vault Area**

**Athletes that are in the Bullpen**

**Athletes in the marked area by the Shot Put and Discus**

**Athletes that are using the devices will be asked to remove them or leave the area.**

**Please Make Your Athletes Aware of This Guideline**

**Your Cooperation is GREATLY Appreciated**