



2023 REGION 1-3A TRACK & FIELD CHAMPIONSHIPS

APRIL 28-29 | ABILENE CHRISTIAN UNIVERSITY | ELMER GRAY STADIUM

FRIDAY, APRIL 28

10:00 AM	3,200m RUN - FINAL	GIRLS
	LONG JUMP	BOYS
	SHOT PUT	GIRLS
	HIGH JUMP	GIRLS
	POLE VAULT	BOYS
10:20 AM	3,200m RUN - FINAL	BOYS
12:00 PM	LONG JUMP	GIRLS
	SHOT PUT	BOYS
	HIGH JUMP	BOYS
2:00 PM	--- <i>ROLLING SCHEDULE FOR RUNNING EVENTS</i> ---	
	400m RELAY	GIRLS / BOYS
	100m HURDLES	GIRLS
	110m HURDLES	BOYS
	100m DASH	GIRLS / BOYS
	800m RELAY	GIRLS / BOYS
	400m DASH	GIRLS / BOYS
	300m HURDLES	GIRLS / BOYS
	200m DASH	GIRLS / BOYS
	--- <i>20 MINUTE BREAK TO SIMULATE 1600m RUN</i> ---	
	1600m RELAY	GIRLS / BOYS





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SATURDAY, APRIL 29

10:00 AM	TRIPLE JUMP	BOYS
	DISCUS THROW	GIRLS
	POLE VAULT	GIRLS
12:00 PM	TRIPLE JUMP	GIRLS
	DISCUS THROW	BOYS

RUNNING FINALS

2:00 PM	400m RELAY	GIRLS / BOYS
2:10 PM	800m RUN	GIRLS / BOYS
2:25 PM	100m HURDLES	GIRLS
2:35 PM	110m HURDLES	BOYS
2:45 PM	100m DASH	GIRLS / BOYS
2:55 PM	800m RELAY	GIRLS / BOYS
3:05 PM	400m DASH	GIRLS / BOYS
3:15 PM	300m HURDLES	GIRLS / BOYS
3:30 PM	200m DASH	GIRLS / BOYS
3:40 PM	1600m RUN	GIRLS / BOYS
4:00 PM	1600m RELAY	GIRLS / BOYS

Awards will be handed out immediately after the conclusion of each event on the infield

