

EAST REGIONAL TRACK AND FIELD ORDER OF EVENTS

Day 1: Thursday, May 30, 2019

Track Events

	EVENT		ORDER OF AGE CATEGORIES
3:30	200m	Heats	MG, MB, JG, JB, SG, SB
4:15	Intermediate Hurdles	Timed sections	MG, JG, SG, MB, JB, SB
5:15	1500m	Finals	MG, MB, JG, JB, SG, SB,
6:15	200m	Finals	MG, MB, JG, JB, SG, SB, WCG, WCB

MG Midget Girls

JG Junior Girls

SG Senior Girls

OG Open Girls

AG Ambulatory Girls

IDG Intellectually Disabled Girls

WCG Wheelchair Girls

VIG Visually Impaired Girls

MB Midget Boys

JB Junior Boys

SB Senior Boys

OB Open boys

AM Ambulatory Boys

IDG Intellectually Disabled Boys

WCB Wheelchair Boys

VIB Visually Impaired Boys

Field Events

TIME	MG	JG	SG	MB	JB	SB
3:30		PV		SP		
4:30	LJ	TJ	HJ		DT	JT
4:45			PV			
5:00		SP				

NOTES: In the throwing events and horizontal jumps (LJ & TJ), the top 8 competitors after three rounds will be allowed 3 additional trials in the reverse order of the standings following the qualification round.

OPENING HEIGHTS FOR VERTICAL JUMPS

To be determined by the lowest qualifier(s) from Association results

The crossbar will be raised in increments of 5cm for all high jumps and 15cm for all pole vaults. When 4 or fewer competitors remain, the increments will be determined by the head official after consulting the athletes involved.

EAST REGIONAL TRACK AND FIELD - ORDER OF EVENTS

DAY 2: Friday, May 31, 2019

TRACK EVENTS

TIME	EVENT		ORDER OF AGE CATEGORIES
9:30	2000m STEEPLECHASE	FINAL	OG, OB
10:00	100m	HEATS	MG, MB, JG, JB, SG, SB, AG, AB, IDG, IDB, VIG, VIB
10:45	SPRINT HURDLES	HEATS	MG, JG, SG, MB, JB, SB
11:30	800 m	TIMED SECTIONS	MG, MB, JG, JB, SG, SB, VIG, VIB, AG, AB, IDG, IDB
12:30	SPRINT HURDLES	FINAL	MG, JG, SG, MB, JB, SB
1:15	100 m	FINAL	MG, MB, JG, JB, SG, SB, AG, AB, IDG, IDB, VIG, VIB
2:00	3000m	FINAL	SG, SB
2:30	400 m	TIMED SECTIONS	MG, MB, JG, JB, SG, SB
3:30	3000m	FINALS	JG, JB
4:00	4 x100m Relay	TIMED SECTIONS	SG, SB, JG, JB, MG, MB
5:00	3000m	FINALS	MG, MB
5:45	4 x 400m Relay	TIMED SECTIONS	OG , OB

FIELD EVENTS

TIME	MIDGET GIRLS	JUNIOR GIRLS	SENIOR GIRLS	MIDGET BOYS	JUNIOR BOYS	SENIOR BOYS
9:00						POLE VAULT
10:00	SHOT PUT	DISCUS	JAVELIN	LONG JUMP	TRIPLE JUMP	HIGH JUMP
11:00					POLE VAULT	
11:30	HIGH JUMP	LONG JUMP	TRIPLE JUMP	JAVELIN	SHOT PUT	DISCUS
1:00	POLE VAULT					
1:00	DISCUS	JAVELIN	SHOT PUT	TRIPLE JUMP	HIGH JUMP	LONG JUMP
2:30	TRIPLE JUMP	HIGH JUMP	LONG JUMP	DISCUS	JAVELIN	
2:30	PARA SHOT PUT					
3:00				POLE VAULT		
3:30				PARA SHOT PUT		
4:00	JAVELIN		DISCUS	HIGH JUMP	LONG JUMP	TRIPLE JUMP
4:30						SHOT PUT