**EAST REGIONAL TRACK AND FIELD**

**ORDER OF EVENTS**

**Day 1: Thursday May 31st, 2018**

**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 MB Midget Boys**

**JG Junior Girls JB Junior Boys**

**SG Senior Girls SB Senior Boys**

**OG Open Girls OB Open boys**

**AG Ambulatory Girls AM Ambulatory Boys**

**IDG Intellectually Disabled Girls IDG Intellectually Disabled Boys**

**WCG Wheelchair Girls WCB Wheelchair Boys**

**VIG Visually Impaired Girls VIB Visually Impaired Boys**

**Field Events**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **MG** | **JG** | **SG** | **MB** | **JB** | **SB** |
| **3:00** |  | **PV** | **SP** |  | **DT** |  |
| **4:30** | **LJ** | **TJ** | **PV** | **SP/HJ** |  | **JT** |

**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 June 1st, 2018**

**TRACK EVENTS**

|  |  |  |  |
| --- | --- | --- | --- |
| **TIME** | **EVENT** |  | **ORDER OF AGE CATEGORIES** |
| 9:30 | STEEPLECHASE | FINAL | 1500m OG  2000m OB |
| 10:00 | SPRINT HURDLES | HEATS | MG, JG, SG, MB, JB, SB |
| 10:45 | 100m | HEATS | MG, MB, JG, JB, SG, 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 |  | HJ | LJ |  | JT | PV |
| 10:30 | DT | SP | JT | LJ | TJ | HJ |
| 11:00 |  |  |  |  | PV |  |
| 12:00 | HJ | DT |  | JT | SP | TJ |
| 1:00 | PV |  |  |  |  |  |
| 1:30 | JT | LJ | DT/HJ | TJ |  | SP |
| 3:00 | TJ | JT |  | DT/PV | HJ | LJ |
| 4:30 | SP |  | TJ |  | LJ | DT |