



2022 FHSAA TRACK & FIELD COMMON REGIONAL MEET SCHEDULE

May 7, 2022

Weigh-ins 11:30am – 12:45pm

Coaches Meeting 12:00pm



FIELD EVENTS

Time	Event	Boys/Girls
1:00 PM	Pole Vault	Girls
	Long Jump	Girls
	High Jump	Boys
	Shot Put	Boys
	Javelin	Girls
2:30 PM	Triple Jump	Girls
	Shot Put	Para
	Discus	Girls
	Javelin	Boys
3:00 PM	High Jump	Girls
	Pole Vault	Boys
4:00 PM	Shot Put	Girls
	Discus	Boys
	Javelin	Para
	Long Jump	Boys
5:30 PM	Triple Jump	Boys
	Para Javelin	Both

RUNNING EVENTS – ALL TIMED FINALS

Time	Event
3:00 PM	4x800m Relay*
6:30 PM	100m Hurdles
6:40 PM	110m Hurdles
6:50 PM	100m Dash
7:00 PM	Para 200m (will take break even if no para athletes)
7:10 PM	1600m Run*
7:25 PM	4x100m Relay
7:40 PM	Para 800m (will take break even if no para athletes)
7:50 PM	400m Dash
8:05 PM	300m Hurdles
8:20 PM	800m Run*
8:35 PM	200m Dash
8:45 PM	3200m Run*
9:10 PM	4x400m Relay

9:45 PM Team Awards

**One heat per gender.*

***One heat combined genders if applicable*