

Region IV Track and Field Schedule for 2022

Tuesday, March 8, 2022 * Tri-Meet

American Fork, Corner Canyon @ Westlake

"A" SCHEDULE **Order of Events:**

2:00pm 100/110m Hurdles
100m
1600m
4x200m relay
400m
4x800m Relay

Field Events (3 Attempts)

2:00pm Girls Javelin Girls Shot Put
Girls High Jump Boys Discus
Boys Lung Jump Boys Pole Vault

appx 3:30pm Boys Javelin Boys Shot Put
Boys High Jump Girls Discus
Girl Long Jump Girls Pole Vault

Tuesday, March 22, 2022 * Tri-Meet

Corner Canyon, Westlake @ Pleasant Grove

"B" SCHEDULE **Order of Events:**

2:00pm 300 Hurdles
200m
3200m
4x100m relay
800m
4x400m Relay

Field Events (3 Attempts)

2:00pm Girls Javelin Girls Shot Put
Girls High Jump Boys Discus
Boys Lung Jump Boys Pole Vault

appx 3:30pm Boys Javelin Boys Shot Put
Boys High Jump Girls Discus
Girl Long Jump Girls Pole Vault

Tuesday, March 29, 2022 * Tri-Meet

Corner Canyon, Pleasant Grove @ Lone Peak

"A" SCHEDULE **Order of Events:**

2:00pm 100/110m Hurdles
100m
1600m
4x200m relay
400m
4x800m Relay

Field Events (3 Attempts)

2:00pm Girls Javelin Girls Shot Put
Girls High Jump Boys Discus
Boys Lung Jump Boys Pole Vault

appx 3:30pm Boys Javelin Boys Shot Put
Boys High Jump Girls Discus
Girl Long Jump Girls Pole Vault

Wednesday, April 13, 2022 * Tri-Meet

Pleasant Grove, Skyridge @ Corner Canyon

"B" SCHEDULE 2 **Order of Events:**

2:00pm 300 Hurdles
200m
3200m
4x100m relay
800m
4x400m Relay

Field Events (3 Attempts)

2:00pm Girls Javelin Girls Shot Put
Girls High Jump Boys Discus
Boys Lung Jump Boys Pole Vault

appx 3:30pm Boys Javelin Boys Shot Put
Boys High Jump Girls Discus
Girl Long Jump Girls Pole Vault

Wednesday, April 27, 2022
JV Region Meet @ Westlake

SCHEDULE:

The following is a time estimate and is not meant to be the exact start of each event.

<u>*Estimated Start Times</u>	<u>Order of Events:</u>		
2:00pm	100m/110m Hurdles	2:00pm	Shotput Girls
*2:20pm	100m	2:00pm	Discus Boys
*2:55pm	1600m	2:00pm	Javelin Girls
*3:35pm	4x200m relay	2:00pm	High Jump Girls
*3:45pm	400m	2:00pm	Long Jump Boys
*4:00pm	300m Hurdles		
*4:20pm	4x100m relay	appx 4:00pm	Shotput Boys
*4:25pm	800m	appx 4:00pm	Discus Girls
*4:45pm	200m	appx 4:00pm	Javelin Boys
*5:05pm	3200m	appx 4:00pm	High Jump Boys
*5:35pm	4x400m Relay	appx 4:00pm	Long Jump Girls
*5:45pm	4x800m Relay		