

Region VI High School Track -- 2010 Season							
Region VI All Schools Meet #3 -- West Valley HS Track -- Friday, April 23, 2010							
Time	Event	Description	Sex		First Call	Second Call	Final Call
15:05	Coaches' Scratch Meeting Begins			0:05	Girls' 3200m		
	Attended by Meet Dir, Clerk, Ass't Starter				Boys' Shotput		
					Girls Discus		
					Girls' High Jump		
					Boys' Triple Jump		
15:20	Timers and Officials Arrive and Assume Stations			0:05		Girls' 3200m	
	Test Hand & Photo-Timing Equipmt; PA					Boys' Shotput	
						Girls Discus	
						Girls' High Jump	
						Boys' Triple Jump	
15:25	Coaches' Scratch Meeting Ends			0:05			Girls' 3200m
							Boys' Shotput
							Girls Discus
							Girls' High Jump
							Boys' Triple Jump
15:30	3200m	Finals	individual	F	0:05		
	Shotput	Finals	individual	M			
	Discus	Finals	individual	F			
	High Jump	Finals	individual	F			
	Triple Jump	Finals	individual	M			
15:35					0:05	Boys' 3200m	
15:40					0:05		Boys' 3200m
15:45					0:05		Boys' 3200m
15:50	3200m	Finals	individual	M	0:05		
	Boys' High Jump follows Girls High Jump						
	Girls Triple Jump follows Boys Triple Jump						

Region VI High School Track -- 2010 Season							
Region VI All Schools Meet #3 -- West Valley HS Track -- Saturday, April 24, 2010							
Time	Event	Description	Sex		First Call	Second Call	Final Call
9:00	Field Events Begin - FLJ & MLJ; If only one runway, then Girls go first and Boys follow						
12:00	Coaches' Scratch Meeting Begins				0:05		
	Attended by Meet Dir, Clerk, Ass't Starter				0:05		
					0:05		
					0:05		
10:30	Timers and Officials Arrive and				0:05	Competitors should check in with the clerk and get their stickers as soon at first call for their events. Instructions will be given to competitors at final call.	
10:35	Assume Stations				0:05		
10:40	Test Hand & Photo-Timing Equipmt; PA				0:05		
10:45	Coaches' Scratch Meeting Ends				0:05	Girls' 4 x 800m	
10:50					0:05		Girls' 4 x 800m
10:55					0:05		Girls' 4 x 800m
11:00	4 x 800m	Finals	relay	F	0:05	Boys' 4 x 800m	
11:05			competition		0:05		Boys' 4 x 800m
11:10			break		0:05		Boys' 4 x 800m
11:15	4 x 800m	Finals	relay	M	0:05	Girls' 100m HH	
11:20			break		0:05		Girls' 100m HH
11:25	hurdle setup				0:05		Girls' 100m HH
11:30	100m HH	Heat 1	individual	F	0:05		
11:35	100m HH	Heat 2	individual	F	0:05	Boys' 110m HH	
11:40	100m HH	Heat 3	individual	F	0:05	Girls' 100m HH	Boys' 110m HH
11:45	hurdle reset				0:05		Boys' 110m HH
11:50	110m HH	Heat 1	individual	M	0:05	Girls' 100m	Girls' 100m HH
11:55	100m HH	Heat 2	individual	F	0:05		Girls' 100m
12:00	hurdle takedown				0:05		Girls' 100m
12:05	100m	Heat 1	individual	F	0:05		
12:10	100m	Heat 2	individual	F	0:05	Boys' 100m	
12:15	100m	Heat 3	individual	F	0:05		Boys' 100m
12:20	100m	Heat 4	individual	F	0:05		Boys' 100m
12:25	100m	Heat 1	individual	M	0:05		
12:30	100m	Heat 2	individual	M	0:05		
12:35	100m	Heat 3	individual	M	0:05		
12:40	100m	Heat 4	individual	M	0:05	Girls' 4 x 200m	
12:45	100m	Heat 5	individual	M	0:05		Girls' 4 x 200m
12:50	exchange setup				0:05	Boys' 4 x 200m	Girls' 4 x 200m
12:55	4 x 200m	Finals	relay	f	0:05	Girls' 1600m	Boys' 4 x 200m
13:00	exchange setup				0:05		Girls' 1600m
13:05	4 x 200m	Finals	relay	M	0:05	Boys' 1600m	Girls' 1600m
13:10	1600m	Finals	individual	F	0:05		Boys' 1600m
13:15			break		0:05	Girls' 4 x 100m	Boys' 1600m
13:20	1600m	Finals	individual	M	0:05		Girls' 4 x 100m
13:25	exchange setup				0:05	Boys' 4 x 100m	Girls' 4 x 100m
13:30	4 x 100m	Finals	relay	F	0:05	Girls' 400m	Boys' 4 x 100m
13:35	exchange setup				0:05		Girls' 400m
13:40	4 x 100m	Finals	relay	M	0:05		Boys' 400m
13:45	400m	Heat 1	individual	F	0:05	Boys' 400m	
13:50	400m	Heat 2	individual	F	0:05		Boys' 400m
13:55	400m	Heat 3	individual	F	0:05		Boys' 400m
14:00	400m	Heat 1	individual	M	0:05		
14:05	400m	Heat 2	individual	M	0:05	Girls' 300m IH	
14:10	400m	Heat 3	individual	M	0:05		Girls' 300m IH
14:15	hurdle setup				0:05		Girls' 300m IH
14:20	300m IH	Heat 1	individual	F	0:05	Boys' 300m IH	
14:25	300m IH	Heat 2	individual	F	0:05		Boys' 300m IH
14:30	hurdle reset				0:05		Boys' 300m IH
14:35	300m IH	Heat 1	individual	M	0:05	Girls' 800m	
14:40	300m IH	Heat 2	individual	M	0:05		Girls' 800m
14:45	hurdle takedown				0:05	Boys' 800m	Girls' 800m
14:50	800m	Heat 1	individual	F	0:05		Boys' 800m
14:55	800m	Heat 2	individual	F	0:05		Boys' 800m
15:00	800m	Heat 1	individual	M	0:05	Girls' 200m	
15:05	800m	Heat 2	individual	M	0:05		Girls' 200m
15:10			break		0:05		Girls' 200m
15:15	200m	Heat 1	individual	F	0:05	Boys' 200m	
15:20	200m	Heat 2	individual	F	0:05		Boys' 200m
15:25	200m	Heat 3	individual	F	0:05		Boys' 200m
15:30	200m	Heat 1	individual	M	0:05		
15:35	200m	Heat 2	individual	M	0:05		
15:40	200m	Heat 3	individual	M	0:05		
15:45	200m	Heat 4	individual	M	0:05	Girls' 4 x 400m	
15:50	200m	Heat 5	individual	M	0:05		Girls' 4 x 400m
15:55			break		0:05	Boys' 4 x 400m	Girls' 4 x 400m
16:00	4 x 400m	Finals	relay	F	0:05		Boys' 4 x 400m
16:05			break		0:05		Boys' 4 x 400m
16:10	4 x 400m	Finals	relay	M	0:05		