

<b>Region VI High School Track -- 2010 Season</b>						
<b>Region VI All Schools Meet #3 -- West Valley HS Track -- Friday, April 30, 2010</b>						
<b>Time</b>	<b>Event</b>	<b>Description</b>	<b>Sex</b>	<b>First Call</b>	<b>Second Call</b>	<b>Final Call</b>
<b>15:05</b>	Coaches' Scratch Meeting Begins			Girls' 3200m		
	Attended by Meet Dir, Clerk, Ass't Starter			Girls' Discus		
				Girls' High Jump		
				Boys' Triple Jump		
				Boys' Shotput		
<b>15:20</b>	Timers and Officials Arrive and				Girls' 3200m	
	Assume Stations				Girls' Discus	
	Test Hand & Photo-Timing Equipmt; PA				Girls' High Jump	
					Boys' Triple Jump	
					Boys' Shotput	
<b>15:25</b>	Coaches' Scratch Meeting Ends					Girls' 3200m
						Girls' Discus
						Girls' High Jump
						Boys' Triple Jump
						Boys' Shotput
<b>15:30</b>	3200m	Finals	individual	F		
	Discus	Finals	individual	F		
	Shotput	Finals	individual	M		
	Triple Jump	Finals	individual	M		
<b>15:35</b>				Boys' 3200m		
<b>15:40</b>					Boys' 3200m	
<b>15:45</b>						Boys' 3200m
<b>15:50</b>	3200m	Finals	individual	M		
	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, May 1, 2010						
Time	Event	Description	Sex	First Call	Second Call	Final Call
11:00	Field Events Begin - FLJ & MLJ; If only one runway, then Girls go first and Boys follow					
12:00	Coaches' Scratch Meeting Begins			Attended by Meet Dir, Clerk, Ass't Starter		
12:00	Timers and Officials Arrive and			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.		
12:05	Assume Stations					
12:10	Test Hand & Photo-Timing Equipmt; PA					
12:15	Coaches' Scratch Meeting Ends			Girls' 4 x 800m		
12:20					Girls' 4 x 800m	
12:25						Girls' 4 x 800m
12:30	4 x 800m	Finals	relay	F	Boys' 4 x 800m	
12:35			competition			Boys' 4 x 800m
12:40			break			Boys' 4 x 800m
12:45	4 x 800m	Finals	relay	M	Girls' 100m HH	
12:50			break			Girls' 100m HH
12:55	hurdle setup		ADMIN			Girls' 100m HH
13:00	100m HH	Heat 1	individual	F	Boys' 110m HH	
13:05	100m HH	Heat 2	individual	F		Boys' 110m HH
13:10	hurdle reset		ADMIN			Boys' 110m HH
13:15	110m HH	Heat 1	individual	M	Girls' 100m	
13:20	110m HH	Heat 2	individual	M		Girls' 100m
13:25	hurdle takedown		ADMIN			Girls' 100m
13:30	100m	Heat 1	individual	F	Boys' 100m	
13:35	100m	Heat 2	individual	F		Boys' 100m
13:40	100m	Heat 3	individual	F		Boys' 100m
13:45	100m	Heat 1	individual	M		
13:50	100m	Heat 2	individual	M		
13:55	100m	Heat 3	individual	M	Girls' 4 x 200m	
14:00	100m	Heat 4	individual	M		Girls' 4 x 200m
14:05	exchange setup		ADMIN		Boys' 4 x 200m	Girls' 4 x 200m
14:10	4 x 200m	Finals	relay	f	Girls' 1600m	Boys' 4 x 200m
14:15	exchange setup		ADMIN			Girls' 1600m
14:20	4 x 200m	Finals	relay	M	Boys' 1600m	Girls' 1600m
14:25	1600m	Finals	individual	F		Boys' 1600m
14:30			break			Boys' 1600m
14:35	1600m	Heat 1	individual	M	Girls' 4 x 100m	
14:40	1600m	Heat 2	individual	M		Girls' 4 x 100m
14:45	exchange setup		ADMIN		Boys' 4 x 100m	Girls' 4 x 100m
14:50	4 x 100m	Finals	relay	F	Girls' 400m	Boys' 4 x 100m
14:55	exchange setup		ADMIN			Girls' 400m
15:00	4 x 100m	Finals	relay	M	Boys' 400m	Girls' 400m
15:05	400m	Heat 1	individual	F		Boys' 400m
15:10	400m	Heat 2	individual	F		Boys' 400m
15:15	400m	Heat 1	individual	M		
15:20	400m	Heat 2	individual	M	Girls' 300m IH	
15:25	400m	Heat 3	individual	M		Girls' 300m IH
15:30	hurdle setup		ADMIN			Girls' 300m IH
15:35	300m IH	Heat 1	individual	F	Boys' 300m IH	
15:40	300m IH	Heat 2	individual	F		Boys' 300m IH
15:45	hurdle reset		ADMIN			Boys' 300m IH
15:50	300m IH	Heat 1	individual	M	Girls' 800m	
15:55	300m IH	Heat 2	individual	M		Girls' 800m
16:00	hurdle takedown		ADMIN		Boys' 800m	Girls' 800m
16:05	800m	Heat 1	individual	F		Boys' 800m
16:10	800m	Heat 2	individual	F		Boys' 800m
16:15	800m	Heat 1	individual	M	Girls' 200m	
16:20	800m	Heat 2	individual	M		Girls' 200m
16:25			break			Girls' 200m
16:30	200m	Heat 1	individual	F	Boys' 200m	
16:35	200m	Heat 2	individual	F		Boys' 200m
16:40	200m	Heat 3	individual	F		Boys' 200m
16:45	200m	Heat 1	individual	M		
16:50	200m	Heat 2	individual	M		
16:55	200m	Heat 3	individual	M	Girls' 4 x 400m	
17:00	200m	Heat 4	individual	M		Girls' 4 x 400m
17:05			break		Boys' 4 x 400m	Girls' 4 x 400m
17:10	4 x 400m	Finals	relay	F		Boys' 4 x 400m
17:15			break			Boys' 4 x 400m
17:20	4 x 400m	Finals	relay	M		