

# NHHS Track & Field



## Regional Championship Itinerary 2018

Saturday, May 12th

@ Mount Olive University

**5:45 am-** Athletes arrive at NHHS Track

**6:00 am-** Bus departs for Mount Olive University

**8:00 am-** Implement Weigh-In, Track Spike Inspection, Coaches Meeting

**8:30 am-** Athletes Meeting

**9:00 am-** Field Events Begin

**10:00 am-** 4 x 800 Relay

(All events 2A followed by 3A, Girls followed by Boys)

**11:00 am-** Semi-finals in 100/110H, 100 Dash  
(Winner of Heat, plus next best times advance)

**12:15 pm-** Intermission

**1:00 pm-** Finals Begin

Estimated Start Times→

1:00- 100/110H Finals

1:40 pm 100 Dash Finals

2:45 pm- 1600 Run Finals

3:15 pm- 4x100 Relay Finals

4:30 300H Finals

5:15 pm 800 Run Finals

6:35 pm 3200 Run Finals

7:50 pm 4x400 Relay Finals

**8:30 pm-** Awards Ceremony

**10:15 pm-** Bus returns to NHHS Track