



**2021 REGION 1-3A TRACK MEET SCHEDULE
ABILENE CHRISTIAN UNIVERSITY
APRIL 23-24, 2021**

FRIDAY, APRIL 23

10:00 AM	3,200M RUN - FINAL	GIRLS
	LONG JUMP	BOYS
	SHOT PUT	GIRLS
	HIGH JUMP	GIRLS
10:20 AM	3,200M RUN - FINAL	BOYS
12:00 PM	LONG JUMP	GIRLS
	SHOT PUT	BOYS
	HIGH JUMP	BOYS
1:30 PM	<i>(ROLLING SCHEDULE FOR ALL RUNNING PRELIMS)</i>	
	400M RELAY	GIRLS/BOYS
	100M HURDLES	GIRLS
	110M HURDLES	BOYS
	100 M DASH	GIRLS/BOYS
	800M RELAY	GIRLS/BOYS
	400M DASH	GIRLS/BOYS
	300M HURDLES	GIRLS/BOYS
	200M DASH	GIRLS/BOYS
	<i>20 MINUTE BREAK TO SIMULATE 1600M RUN</i>	
	1600M RELAY	GIRLS/BOYS



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SATURDAY, APRIL 24

10:00 AM	TRIPLE JUMP DISCUS THROW POLE VAULT	BOYS GIRLS GIRLS
12:00 PM	TRIPLE JUMP DISCUS THROW POLE VAULT	GIRLS BOYS BOYS
2:00 PM	400M RELAY	GIRLS/BOYS
2:10 PM	800M RUN	GIRLS/BOYS
2:25 PM	100M HURDLES	GIRLS
2:35 PM	110M HURDLES	BOYS
2:45 PM	100M DASH	GIRLS/BOYS
2:55 PM	800M RELAY	GIRLS/BOYS
3:05 PM	400M DASH	GIRLS/BOYS
3:15 PM	300M HURDLES	GIRLS/BOYS
3:30 PM	200M DASH	GIRLS/BOYS
3:40 PM	1600M RUN	GIRLS/BOYS
4:00 PM	1600M RELAY	GIRLS/BOYS

Awards will be handed out immediately after the conclusion of each event on the infield.