

**SOUTHEAST REGION TRACK AND FIELD MEET**  
**Lisbon High School**  
**May 21, 2022**

10:00      Javelin (Girls followed by Boys)  
              Shot Put (Boys followed by Girls)  
              Discus (Girls followed by Boys)  
              Long Jump (Boys followed by Girls)  
              Triple Jump (Girls followed by Boys)  
              Pole Vault (Girls followed by Boys)  
              High Jump (Boys followed by Girls)

11:00      4 x 800 Meter Relay  
              300 Meter Hurdles  
              100 Meter Dash  
              4 x 200 Meter Relay  
              1600 Meter Run  
              4 x 100 Meter Relay  
              400 Meter Dash

30 Minute Break -- Awards presented for all completed events

              100 Meter Hurdles (G)  
              110 Meter Hurdles (B)  
              800 Meter Run  
              200 Meter Dash  
              3200 Meter Run--Awards presentation will resume during the 3200  
              4 x 400 Meter Relay

**Notes:**

- 1. All running events will be timed finals. The fastest heat will run first in all running events.**
- 2. Boys will run first, followed by Girls in each track event with the exception of the 100/110 Meter Hurdles**