

2020 Occoquan & Northern Region Indoor Track & Field Championship Meet

Monday, February 10

12:00PM	FACILITY OPENS
2:00PM	Weigh in Shot/Pole vaulters
3:00PM	Pole Vault (Region C Girls followed by Region C Boys)
4:00 PM	Girls Shot (Region C followed by Region D) Girls High Jump (Region D followed by Region C) Girls Long Jump (Region C followed by Region D) Boys Long Jump (Region D followed by Region C)
4:00	Boys 55 Hurdle Prelims
4:30	Girls 55 Hurdle Prelims
5:00	Boys 55 Dash Prelims
5:20	Girls 55 Dash Prelims
5:40	Girls 4 x 800 Relay
6:20	Boys 4 x 800 Relay
6:55	Girls 55 Hurdle Finals
7:05	Boys 55 Hurdle Finals
7:15	Girls 55 Dash Finals
7:20	Boys 55 Dash Finals

Wednesday February 12

10:00AM	FACILITY OPENS
11:30AM	Weigh in shot/pole vaulters
12:30PM	Pole Vault (Region D Girls followed by Region D Boys) Boys High Jump (Region C followed Region D) Boys Shot Put (Region D followed by Region C) Girls Triple Jump (Region D followed by Region C) Boys Triple Jump (Region C followed by Region D)
2:30	800m Relay (section on time)
3:10	1600m Run-all sections
4:00	500m Dash
4:40	1000m Run-all sections
5:10	300m Dash
6:00	3200M Run
7:20	1600 Meter Relay
8:00	Team Awards Presentation

***For Running Events: Girls followed by Boys, Occoquan Region followed by Northern Region
unless otherwise specified***