



MHSAA Track and Field Region 9
Friday May 21, 2021 at Lake Orion High School

- 1:00-2:00 PM Weigh In for shotput/discus, pole vault inspection.
- 1:30 Coaches Meeting: Finish Line Area
- 1:55 National Anthem
- 2:00 Boys Pole Vault (Girls to follow)
- 2:30 Girls High Jump (Boys to follow)
Boys Discus (Top 9 to Finals) (Girls to follow)
Girls Shot Put (Top 9 to Finals) (Boys to follow)
Boys Long Jump (Top 9 to Finals) (Girls To follow)
- 4:00 Girls 3200 (4x800) Meter Relay Final (Boys to follow)
Girls 100 Meter Dash Preliminaries (Boys to follow)
Girls 100 Meter High Hurdles Preliminaries (Boys to follow)
Girls 200 Meter Dash Preliminaries (Boys to follow)
- Break (45 minutes to 1 hour)
- 5:55 Finals Introduction, National Anthem
- 6:00 Girls 100 Meter High Hurdles Final (Boys to follow)
Girls 100 Meter Dash Finals (Boys to follow)
Girls 800 (4x200) Meter Relay Final (Boys to follow)
Girls 1600 Meter Run Final (Boys to follow)
Girls 400 (4x100) Meter Relay Final (Boys to follow)
Girls 400 Meter Dash Final (Boys to follow)
Girls 300 Meter Hurdles Final (Boys to follow)
Girls 800 Meter Run Final (Boys to follow)
Girls 200 Meter Dash Final (Boys to follow)
Girls 3200 Meter Run Final (Boys to follow) (1 heat each gender)
Girls 1600 (4x400) Meter Relay Final (Boys to follow)

Presentation of Regional Championship Trophies to 1st Place Girls and Boys Teams.