

Region 10 Track and Field Championships Schedule 2024

@ Stansbury High

Wednesday Starting at 3:30pm

3200M	Girls	Finals
3200M	Boys	Finals
100 M Hurdles	Girls	Trials
110 M Hurdles	Boys	Trials
100 M	Girls	Trials
100 M	Boys	Trials
400 M	Girls	Trials
400 M	Boys	Trials
Unified 4X100		Finals
Unified 4X400		Finals
300 M Hurdles	Girls	Trials
300 M Hurdles	Boys	Trials
200 M	Girls	Trials
200 M	Boys	Trials
4X800	Girls	Finals
4X800	Boys	Finals
4X200	Girls	Finals
4X200	Boys	Finals

Field

Shot Put	Girls	Trials/Finals
Discus	Boys	Trials/Finals
Javelin	Girls	Trials/Finals
High Jump	Girls	Finals
Long Jump	Boys	Trials/Finals

Thursday Starting at 3:30 pm

1600 M	Girls	Finals
1600 M	Boys	Finals
100 M Hurdles	Girls	Finals
110 M Hurdles	Boys	Finals
100 M	Girls	Finals
100 M	Boys	Finals
400 M	Girls	Finals
400 M	Boys	Finals
300 M Hurdles	Girls	Finals
300 M Hurdles	Boys	Finals
800 M	Girls	Finals
800 M	Boys	Finals
4X100	Girls	Finals
4X100	Boys	Finals
200 M	Girls	Finals
200 M	Boys	Finals
4X400	Girls	Finals
4X400	Boys	Finals

Field

Shot Put	Boys	Trials/Final
Discus	Girls	Trials/Final
Javelin	Boys	Trials/Final
High Jump	Boys	Final
Long Jump	Girls	Trials/Final