

MHSAA LP Region 29-3 at Vassar Meet Schedule 2024

2:30 Coaches Meeting

3:00 Field Events:

Pole Vault: Two Pits

High Jumps: Two Pits

Shot Put: Boys First

Discus: Girls First

Long Jump: Two Runways

4:00 Welcome/National Anthem

4x800m Relay

100m Dash Qualifying Round

110m Hurdles Qualifying Round

100m Hurdles Qualifying Round

200m Dash Qualifying Round

*****ONE HOUR BREAK***** Field Events will continue during break

Approximately 6:00

110m Hurdles

100m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

Awards Presentation