

# 2022 MHSAA Region 7-1 Track & Field Championships

Hosted by Farmington High School

Saturday, May 21, 2022

<b>10:30AM</b>	Gates Open
<b>11:00AM - 12:00 PM</b>	Weigh In for Shot Put & Discus (In Shed Behind 200m Start)
<b>11:30AM</b>	Coaches Meeting (Start of 200m)
<b>11:55AM</b>	National Anthem
<b>12:00PM (NOON)</b>	<b><i>Field Event/Preliminary Scratches Due (at finish line)</i></b>
	<b>Field Events Begin</b>
	Boys High Jump (Girls to Follow One Hour After Conclusion)
	Girls Long Jump (Boys to Follow One Hour After Conclusion)
	Girls Pole Vault (Boys to Follow One Hour After Conclusion)
	Boys Shot Put (Girls to Follow)
	Girls Discus (Boys to Follow)
<b>1:45PM</b>	<b>Boys 4x800 FINAL (Girls to Follow)</b>
<b>2:15PM</b>	<b>Prelims (Boys Run 1st in 2022)</b>
	100m
	110H, 100H
	200m
<b>3:30PM</b>	<b><i>Final Scratches Due (at finish line)</i></b>
<b>1 Hour Break from Conclusion of 200 Meter Preliminaries</b>	
Est 4:10PM	National Anthem
<b>Est 4:15PM</b>	<b>Finals (Boys Run 1st in 2022)</b>
	110H/100H
	100m
	4x200
	1600m
	4x100
	400m
	300H
	800m
	200m
	3200m
	4x400

**SCORING/AWARDS:** 10-8-6-5-4-3-2-1 (Top 8 Individuals & Relays Medal - in packets)  
Championship Team Trophies presented at end of meet

**ADMISSIONS PROCESS & COST:** TBD by MHSAA