

FMHS TRACK AND FIELD

REGION 1-6A CHAMPIONSHIPS @ The University of Texas at Arlington

LOCATION: Maverick Stadium- 1307 W Mitchell St, Arlington, TX 76013

Friday, April 28, 2023 - MORNING SESSION

6:45 AM: Athletes depart FMHS

9:00 AM 6A GIRLS SEATED SHOT PUT

9:00 AM: 3200 METER RUN 6A GIRLS

9:00 AM 6A GIRLS POLE VAULT

Friday, April 28, 2023 - AFTERNOON SESSION

1:00: PM: Athletes in running events dismissed from class

1:30 PM: Bus departs Flower Mound High School

PRELIMINARIES SCHEDULE

Preliminaries for Running Events:

In the following order for each event – 5A Girls, 6A Girls, 5A Boys,
6A Boys (8 from each Classification to Finals)

3:30 p.m.	400 (4X100) Meter Relay	
4:10 p.m.	100 Meter Low Hurdles (Girls)	
4:25 p.m.	110 Meter High Hurdles (Boys)	
4:45 p.m.	100 Meter Dash	
5:15 p.m.	800 (4X200) Meter Relay	
5:55 p.m.	400 Meter Dash	
6:15 p.m.	300 Meter Intermediate Hurdles	
6:40 p.m.	200 Meter Dash	7:00 p.m. Field Event Medal Recap
7:20 p.m.	1600 (4X400) Meter Relay (8 to Finals)	

Saturday, April 29, 2023 - MORNING SESSION

7:45 AM: WARD REPORT TO UTA STADIUM

9:00 AM: 6A GIRLS HIGH JUMP

Saturday, April 29, 2023 - AFTERNOON SESSION

1:30 PM: ATHLETES IN RUNNING EVENTS DEPART FMHS

3:30 p.m.	400 (4x100) Meter Relay	
4:00 p.m.	800 Meter Run (**Final Event)	Alley Start
4:20 p.m.	100 Meter Low Hurdles (Girls)	
4:35 p.m.	110 Meter High Hurdles (Boys)	
4:50 p.m.	100 Meter Dash	
5:05 p.m.	800 (4x200) Meter Relay	
5:30 p.m.	400 Meter Dash	
5:50 p.m.	300 Meter Intermediate Hurdles	
6:10 p.m.	200 Meter Dash	
6:25 p.m.	1600 Meter Run (**Final Event)	
6:55 p.m.	1600 (4x400) Meter Relay	

8:30 PM: Eat Dinner paid for by LISD