



**WHSAA 3A East Regional
Track & Field Championships
Buffalo High School**



Friday - May 16, 2025

11:00 am	Coaches Meeting
11:15 am	Weigh-Ins (Implements & Vaulters)
12:00 pm	Girls Pole Vault Boys Long Jump Girls Discus
12:45 pm	800m Run (Final)
1:15 pm	100m Hurdles (Prelim) 110m Hurdles (Prelim)
1:45 pm	100m Dash (Prelim)
2:15 pm	300m Hurdles (Prelim)
2:30 pm	Girls Long Jump Boys Discus Boys Pole Vault
3:30 pm	200m Dash (Prelim)
4:00 pm	3200m Run (Final)
4:30 pm	400m Relay (4x100m) (Final)
5:00 pm	400m Dash (Prelim)
6:00 pm	3200m Relay (4x800m) (Finals)





**WHSAA 3A East Regional
Track & Field Championships
Buffalo High School**



Saturday - May 17, 2025

8:00 am	Coaches Meeting
8:15 am	Weigh-Ins (Implements)
9:00 am	Girls Shot Put (Finals) Boys High Jump (Finals) Girls Triple Jump (Finals)
9:45 am	1600m Sprint Medley Relay (Final)
10:15 am	100m Hurdles (Finals) 110m Hurdles (Finals)
10:45 am	100m Dash (Finals)
11:00 am	Girls High Jump (Finals) Boys Shot Put (Finals) Boys Triple Jump (Finals)
11:45 am	400m Dash (Finals)
12:15 pm	1600m Run (Finals)
1:00 pm	300m Hurdles (Finals)
1:45 pm	200m Dash (Finals)
2:30 pm	1600m Relay (4x400m) (Finals)
2:45 pm	Team Awards

