

2025 3A WEST REGIONAL
TRACK AND FIELD CHAMPIONSHIPS

May 16 & 17
Powell, Wyoming

Friday, May 16th

10:00 AM COACHES MEETING – PHS LIBRARY

12:00 PM WEIGH-IN VAULTERS AT FIELDHOUSE
WEIGH IN IMPLEMENTS AT EVENT

1:00 PM Boys Pole Vault ***Final***
Boys Triple Jump ***Final***
Girls Discus ***Final***

1:15 PM 800 m ***Final***

1:40 PM 100/110 m Hurdle Prelim

2:10 PM 100 m Prelim

3:00 PM Boys High Jump ***Final***
Boys Discus ***Final***
Girls Pole Vault ***Final*** (*ASAP after Boys*)

3:00 PM 300 m Hurdle Prelim

3:30 PM 200 m Prelim

4:15 PM 3200 ***Final***

5:00 PM Girls Long Jump ***Final***

5:00 PM 400 m Relay ***Final***

5:30 PM 400 m Prelim

6:30 PM 1600 Sprint Medley Relay ***Final***

2025 3A WEST REGIONAL
TRACK AND FIELD CHAMPIONSHIPS

May 16 & 17
Powell, Wyoming

Saturday, May 17th

8:00 AM COACHES AND OFFICIALS MEETING
WEIGH-IN IMPLEMENTS AT EVENT

9:00 AM Boys Shot Put *Final*
Girls High Jump *Final*
Boys Long Jump *Final*

9:15 AM 3200 Relay *Final*

10:10 AM 100/110 Hurdles *Final*

10:30 AM 100 m *Final*

11:00 AM Girls Triple Jump *Final*
Girls Shot Put *Final*

11:15 AM 300 Hurdle *Final*

12:00 PM 400 m *Final*

12:30 PM 1600 m *Final*

1:00 PM 200 m *Final*

1:30 PM 1600 m Relay *Final*

Team Awards