

TIME SCHEDULE:

Field Events:

Order – (3 Jumps/Throws AND then 3 more in Finals)

2:30 PM Boys Javelin followed by Girls

3:30 PM

- Boys High Jump followed by Girls**
- Girls Shot Put followed by Boys**
- Boys Discus followed by Girls**
- Girls Pole Vault followed by Boys**
- Boys Long Jump followed by Girls**
- Girls Triple Jump followed by Boys**

All Pole Vaulters must be weighed-in at home and a coach must give the administrator signed weigh-in sheet to the person running the pole vault prior to vaulting.

Coaches Meeting: (3:15 PM – Infield by the Trailer)

Running Events: (Start at 4:00 PM)

All events Girls followed by Boys

4:00	Girls 3200 Meter Relay
4:15	Boys 3200 Meter Relay
4:30	Girls 100 Meter Hurdles
4:40	Boys 110 Meter Hurdles
4:50	Girls 100 Meter Dash
4:55	Boys 100 Meter Dash
5:00	Girls & Boys 800 Meter Relay
5:10	Girls & Boys 1600 Meter Run
5:30	Girls & Boys 400 Meter Relay
5:35	Girls & Boys 400 Meter Dash
5:50	Girls & Boys 300 Meter Hurdles
6:00	Girls & Boys 1600 Meter Medley Relay
6:10	Girls & Boys 800 Meter Run
6:30	Girls & Boys 200 Meter Dash
6:45	Girls & Boys 3200 Meter Run
7:15	Girls & Boys 1600 Meter Relay