

Running Events

Schedule Below (we will roll schedule no more than 30 minutes more than times listed below)

Girls will run first in all events except 60m hurdle final

Coaches Meeting	10:00am
National Anthem	10:55am
4x800m Relay	11:30am
60m Dash Prelims	12:30am
60m Hurdle Prelims	12:45am
1600m Run	1:00pm
60m Dash Finals (2 heat final)	2:00pm
60m Hurdle final (2 heat final)	2:15pm (Boys first girls to follow)
400m Dash	2:30pm
4x200m Relay	3:15pm
800m Run	3:45pm
200m Dash	4:15pm
4x400m Relay	4:45pm

Field Events

Shotput	11:00am	(Boys first, girls to follow)
Triple Jump	11:00am	(Girls first boys to follow)
Long Jump (to follow triple jump)	1:00pm approx	(Girls first boys to follow)
High Jump	11:00am	(Boys first girls to follow)
Pole Vault	11:00am	(Girls first boys to follow)