

## Time Schedule

4:15 Coaches Meeting in Wrestling room near 100 start. All scratches/changes will be made here. No changes will be made after the coaches meeting, only scratches.

4:30 Boys Shot, Girls Disc, Boys High Jump, Girls Long Jump

- Girls Shot, Boys Disc, Girls High Jump, and Boys Long Jump will follow

4:45 Boys Pole Vault

- Girls Pole Vault to follow

5:00 Prelims (Top 8 by time advance to finals)

- Girls 100
- Boys 100
- Girls 100 Hurdles
- Boys 110 Hurdles
- 10 Minute Break
- Girls 200
- Boys 200
- 20 Minute Break

Shot, Disc, Long Jump (4 attempts) No Finals

### Starting Heights

Boys High Jump – 4-4

Girls High Jump – 4-0

Boys Pole Vault – 6-0

Girls Pole Vault – 5-0

## Finals

- Girls 100 Hurdles
- Boys 110 Hurdles
- Girls 100
- Boys 100
- Girls 1600
- Boys 1600
- Girls 4 x 100
- Boys 4 x 100
- Girls 400
- Boys 400
- Girls 4 x 200
- Boys 4 x 200
- Girls 200 Hurdles
- Boys 200 Hurdles
- Girls 800
- Boys 800
- Girls 200
- Boys 200
- Girls Thrower Relay
- Boys Thrower Relay
- Girls 4 x 400
- Boys 4 x 400

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place get medals. 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> place get ribbons. All awards available in press box at conclusion of meet.