

## SCHEDULE OF EVENTS

<b>9:00 to 9:30 am</b>	Shot and discus weigh-in at the weight room
<b>9:30 am</b>	Coaches meeting in the first level of the press box
<b>10:00 am</b>	Girls Shot Put, followed by Boys Shot Put (3 throws in flights, then top 9 back for finals) Boys Discus, followed by Girls Discus (3 throws in flights, then top 9 back for finals) Girls Pole Vault (starting height 6' 0"), followed by Boys Pole Vault (starting height 8' 0") Boys Long Jump (Running towards softball field, 3 jumps in open pit, then top 9 back to finals) Girls Long Jump (Running towards scoreboard, 3 jumps in open pit, then top 9 back to finals) Boys High Jump, followed by Girls High Jump (starting heights = 4'0" girls, 5'0" boys)
<b>12:30pm</b>	Girls 4x800 m relay Boys 4x800 m relay Girls 100 m hurdles Boys 110 m hurdles Girls 100 m dash Boys 100 m dash Girls 4x200 m relay Boys 4x200 m relay Girls 1600 m run Boys 1600 m run Girls 4x100 m relay Boys 4x100 m relay Girls 400 m dash Boys 400 m dash Girls 300 m hurdles Boys 300 m hurdles Girls 800 m run Boys 800 m run Girls 200 m dash Boys 200 m dash Girls 3200 m run Boys 3200 m run Mixed Gender 440 m shuttle hurdles (1st/3rd leg = girls, 2nd/4th leg = boys) Girls 4x400 m relay Boys 4x400 m relay Team Awards and Most Valuable Athlete Awards