

## Schedule of Events

3:30 Turn in changes and/or scratches to the press box.

4:00 Coaches meeting at the top of the press box.

4:30 **Field Events**

*Round 1*

*Round 2*

Girls Shot

Boys Shot

Boys Discus

Girls Discus

Girls Pole Vault

Boys Pole Vault

Both High Jump

Both Long Jump

**Running Events – Girls followed by Boys**

5:15 4X1600

6:00 National Anthem

6:10 Shuttles

6:30 4X100

6:40 4X800

7:15 4X200

7:30 Distance Medley (800-400-400-1200)

7:55 Sprint Medley (100-100-200-400)

8:10 4X400

8:30 Awards