

Schedule

Field events

We will use the following starting heights: Girls HJ 4'4", Boys HJ 4'10", Girls PV 5', and Boys PV 7'

4:30 PM Girls Pole Vault
 Boys High Jump
 Girls Long Jump (3 attempts, then 3 finals)
 Boys Shot put (3 attempts, then 3 finals)
 Girls Discus (3 attempts, then 3 finals)

Remaining field events will be run upon completion of the others.

Use your own implements. We will weigh them in the garage near the pole vault area.

Running events

If three prelim heats are required, the top two from each heat plus the next two fastest times will advance. If only two heats are required, the top two from each heat plus the next four fastest times will advance.

5:15 PM Girls 100 M Hurdles Semis (2 heats)
 Boys 110 M Hurdles Semis (2 heats)
 Girls 100 M Dash Semis (3 heats)
 Boys 100 M Dash Semis (3 heats)
 Girls 3200 M Relay Final
 Boys 3200 M Relay Final
 Girls 200 M Dash Semis (3 heats)
 Boys 200 M Dash Semis (3 heats)

6:45 PM Girls 100 M Hurdles Final
(approx.) Boys 110 M Hurdles Final
 Girls 100 M Dash Final
 Boys 100 M Dash Final
 Girls 800 M Relay (2 heats)
 Boys 800 M Relay (1 heat)
 Girls 1600 M Run
 Boys 1600 M Run
 Girls 400 M Relay (1 heat)
 Boys 400 M Relay (1 heat)
 Girls 400 M Dash (3 heats)
 Boys 400 M Dash (3 heats)
 Girls 300 M Hurdles (3 heats)
 Boys 300 M Hurdles (3 heats)
 Girls 800 M Run
 Boys 800 M Run
 Girls 200 M Dash Final
 Boys 200 M Dash Final
 Girls 3200 M Run
 Boys 3200 M Run
 Girls 1600 M Relay (2 heats)
 Boys 1600 M Relay (2 heats)