

*NEO All Catholic Track & Field*

May 15, 2021

Gilmour Academy- Gates Mills, OH

2045 SOM Center Road

<b>Time</b>	<b>Event</b>	<b>Location/Information</b>
<b>8:15 AM</b>	Coaches Meeting	Near Finish Line
	Implement Weigh-In	SE of Track
<b>8:35 PM*</b>	<b>Senior Recognition</b> <b>Prayer</b> <b>National Anthem</b>	
<b>9:00 AM</b>	<b>Field Events Start</b>	<b>Check in at the venue.</b>
	Girls Shot Put (followed by Boys)	Shot Put Ring SE of track
	Boys Discus (followed by Girls)	Discus Ring SE of track
	Boys Long Jump (followed by Girls)	N side of football field
	Girls High Jump (followed by Boys)	N side of football field
	Girls Pole Vault (followed by Boys)	S side of football field
	<b>Running Event Finals</b>	<b>Girls followed by Boys</b>
<b>10:00 AM</b>	4x800 m Relay	
<b>10:45 AM</b>	100m/110m Hurdles	
<b>11:00 AM</b>	JV 100m Dash 100m Dash	
<b>11:20 AM</b>	4x200m Relay	
<b>11:30 AM</b>	JV 1600m Run 1600m Run	
<b>12:05 PM</b>	4x100m Relay	
<b>12:15PM</b>	400m Dash	
<b>12:25 PM</b>	300m Hurdles	Check-in Southeast gate near shot put.
<b>12:40 PM</b>	800m Run	
<b>12:55 PM</b>	200m Dash	
<b>1:10 PM</b>	3200m Run	
<b>1:35 PM</b>	4x400m Relay	

- **Bullpen for running events will be inside the north gate unless otherwise noted.**
- **All heats seeded on time, with faster heats last.**