

## Schedule

**3:40: Coaches' Meeting in high school room 140.**

### Field events

All field events will be relays with up to 3 athletes on a team. The team place will be determined by adding the best individual effort from each of the three competing athletes. If there is a tie, the first tie breaker will be the team with the best individual effort. If a tie remains in the vertical events, the next tie breaker will be total number of misses. If the tie still isn't broken, then it's a tie!

### Field Events (4:00 PM)

Girls Pole Vault	The pole vault will be run "5 alive."
Boys High Jump	The high jump will be run "5 alive."
Girls Long Jump	The long jump will be open pit girls followed by open pit boys.
Boys Shot put	The shot put will be in 3 flights, keeping teammates in the same flight.
Girls Discus	The discus will be in 3 flights, keeping teammates in the same flight.

Remaining field events will be run upon completion of the others. Please use your own implements.

### Individual Running Events (4:15 PM)

Girls 3200 M Run  
Wheelchair 800 M  
Boys 3200 M Run  
Girls 300 M Hurdles  
Boys 300 M Hurdles  
Girls 100 M Dash  
Boys 100 M Dash

(30 minute break)

### Relay Events (approximately 6:00 PM)

Girls events will be first, followed by boys

Girls 400M Shuttle Hurdles  
Boys 440 M Shuttle Hurdles  
Wheelchair 400 M Dash  
1600 M Medley Relay (200, 200, 400, 800) (2-turn stagger)  
4 X 100 M Relay  
Distance Medley Relay (800, 400, 1200, 1600) (2 turn stagger)  
4 X 200 M Relay  
800 M Sprint Medley Relay (100, 100, 200, 400) (2 turn stagger)  
4 X 800 M Relay  
4 X 400 M Relay