

TIME SCHEDULE

3:15 PM	Pole vault check-in and warm-up may begin
3:30 PM	Coaches' meeting in stadium office All other Field Events check-in and warm-up
4:00 PM	Boys Pole Vault (Girls to follow) Girls High Jump (Boys to follow) Boys Shot Put (Girls to follow) Girls Discus (Boys to follow) Boys Long Jump (Girls to follow) Girls Triple Jump (Boys to follow)
4:15 PM	Girls and Boys Distance Medley Relay (800-200-400-1600)
4:35 PM	Girls and Boys 3200 Meter Run
4:55 PM	Girls Shuttle Hurdles (30") Boys Shuttle Hurdles (36")
5:15 PM	Girls 100 Meter Dash Boys 100 Meter Dash
5:25 PM	Girls 4 x 200 Meter Relay Boys 4 x 200 Meter Relay
5:35 PM	Girls and Boys 1600 Meter Run
5:50 PM	Girls 400 Meter Dash Boys 400 Meter Dash
6:00 PM	Girls 300 Meter Hurdles Boys 300 Meter Hurdles
6:15 PM	Girls 800 Meter Run Boys 800 Meter Run
6:30 PM	Girls 200 Meter Dash Boys 200 Meter Dash
6:40 PM	Girls 100 Meter Hurdles Boys 110 Meter Hurdles
6:55 PM	Girls Sprint Medley Relay (100-100-200-400) Boys Sprint Medley Relay (100-100-200-400)
7:05 PM	Girls Thrower 4 x 100 Meter Relay Boys Thrower 4 x 100 Meter Relay
7:15 PM	Girls and Boys 4 x 800 Meter Relay
7:35 PM	Girls 4 x 100 Meter Relay Boys 4 x 100 Meter Relay
7:45 PM	Girls 4 x 400 Meter Relay Boys 4 x 400 Meter Relay

TROPHIES PRESENTED. PICK UP RESULTS / T-SHIRTS IN THE PRESS BOX.