

8:45am Coach Meeting

9am – Field Events

Pole Vault – boys first
Long Jump – same time on two pits
High Jump – same time on two pits
Shot – girls then boys (4 throws)
Discus – boys then girls (4 throws)
Shot Put Wheelchair

9:30am 4x800m relay finals Girls
4x800m relay finals Boys

10:00am Semi-Finals (4 heats – top 8 times to finals)

100m dash Girls
100m dash Boys
100m dash Wheelchair (FINAL)
100m LH Girls
110m HH Boys
200m dash Girls
200m dash Boys
200m dash Wheelchair (FINAL)

***Short Break in between semis and finals

FINALS

11:30pm (estimate, we begin 15-20 minutes after semis)

100m HH Girls
110m HH Boys
100m dash Girls
100m dash Boys
1600m Run Girls (2 heats, fast heat last)
1600m Run Boys (2 heats, fast heat last)
4x100m relay Girls (fast heat last)
4x100m relay Boys (fast heat last)
400m dash Girls (3-4 heats, fast heat last)
400m dash Boys (3-4 heats, fast heat last)
400m dash Wheelchair
4x200m relay Girls (fast heat last)
4x200m relay Boys (fast heat last)
200m LH Girls (3-4 heats, fast heat last)
200m LH Boys (3-4 heats, fast heat last)
800m dash Girls (fast heat last)
800m dash Boys (fast heat last)
200m dash Girls
200m dash Boys
4x400m Relay Girls (fast heat last)
4x400m Relay Boys (fast heat last)

***All heats, relays, and events are subject to change by meet management