FIELD EVENTS
8:00 AM – Girls Weight Throw – Boys to Follow
10:00 AM – Girls High Jump – Boys to Follow
10:00 AM – Girls Pole Vault – Boys to Follow
10:00 AM – Girls Shot Put – Boys To Follow
10:00 AM – Girls Long Jump – Boys To Follow – Girls TJ to Follow – Boys TJ to Follow

RUNNING EVENTS – 9:30AM Start Time – Rolling Schedule
Girls then Boys unless noted
60H Prelims – Top 16 Times Advance to Finals
60m Prelims – Top 16 Times Advance to Finals
4x800m Relay
4x200m Relay
60m Hurdle Finals – Boys then Girls
60m Dash Finals – Boys then Girls
1 Mile Run
400m Dash
800m Run
200m Dash
3200m Run
4x400m Relay

All Events will be seeded on the fly to keep heats/lanes as full as possible. You will not be allowed to run if you miss your race or do not declare for the event.