

**1:00 - Coaches meeting (Auxiliary Gym)**



**1:30 - Field Events Begin**

**Shot Put** (Flights separated by rings) - Girls (30' min), Boys (40' min)

**Discus** (Flights separated by rings) - Boys (110' min), Girls (80' min)

**High Jump** - Girls (starting at 4'6"), Boys (starting at 5'6")

**Pole Vault** - Boys (starting at 10'6"), Girls (starting at 7'6")

**Triple Jump** (South Pit) - Boys (38' min), Girls (32' min)

**Long Jump** (North Pit) - Girls (14'6" min), Boys (18'6" min)

**3:30 - Distance Medley Relay (1200, 400, 800, 1600)**

**4:15 - 3200m**

**5:00 - (Finals Only)** Start time is approximate. We will start running events after field events have concluded, excluding pole vault and high jump. We will be on a rolling schedule.

**4x100m Relay** - Girls, Boys

**800m Run** - Girls, Boys

**100m Hurdles** - Girls

**110m Hurdles** - Boys

**100m Run** - Girls, Boys

**4x200m Relay** - Girls, Boys

**4x800m Relay** - Girls, Boys

**400m Run** - Girls, Boys

**300m Hurdles** - Girls, Boys

**200m Run** - Girls, Boys

**1600m Run** - Girls, Boys

**4x400m Relay** - Girls, Boys