

**SCHEDULE - We will move UP TO, but no more than, 15 minutes ahead**

TRACK EVENTS			FIELD EVENTS		
9:30am	3200 (top 15-18)	boys	THROWS		
9:45	3200 (top 15-18)	girls	9:15am	discus	boys
10:00	3200m unseeded	boys	After boys discus & girls shot end	discus	girls
none	3200m unseeded	girls	9:15am	shot put	girls
10:15	3200m relay	boys	After girls shot & boys discus end	shot put	boys
10:25	3200m relay	girls	Following girls discus	javelin	girls
10:40	110 hurdles	boys	Following girls javelin	javelin	boys
11:00	100 hurdles	girls	JUMPS		
11:20	100m	boys	9:15am- pit 1- near finish	Long jump	Girls
11:40	100m	girls	9:15am- pit 2- near start	Long jump	Boys
12:00pm	1600m	boys	10:00am	Pole vault	Boys
12:20	1600m	girls	10:30am	High jump	Girls
12:40	400m relay	boys	12pm-pit 2	Triple jump	Girls
12:50	400m relay	girls	12:15pm	High jump	Boys
1:00	400m	boys	12:30pm	Pole vault	Girls
1:20	400m	girls	2:30pm- pit 1	Triple jump	Boys
1:40	300 hurdles	boys	MINIMUMS FOR MARK (AFTER 1 <sup>ST</sup> LEGAL ATTEMPT)		
2:00	300 hurdles	girls	Long jump	Girls	13'
2:20	800m	boys	Long jump	Boys	16'
2:35	800m	girls	Triple jump	Girls	28'
2:50	200m	boys	Triple jump	Boys	34'
3:20	200m	girls	discus	Girls	75'
3:50	2k Steeplechase	boys	discus	Boys	100'
4:00	2k Steeplechase	girls	shot put	Girls	25'
4:15	1600m relay	boys	shot put	Boys	35'
4:25	1600m relay	girls	javelin	Girls	75'
			javelin	Boys	115'

**NOTES:**

1. Blocks will be supplied.
2. All running events are finals based on time; sections will run FAST to SLOW.
3. Top 9 advance to field event finals, seeded worst to best.
4. 1/4" PYRAMID spikes only! No needle spikes. Athlete will be removed from then event if illegal spikes are used.
5. The infield is off-limits. Teams may set up in the bleachers or on the grass areas around the track.
6. **Unsafe behavior in the 2k steeplechase will not be tolerated.** Officials will remove the athlete from the race and disqualify them from the meet.

