



FRIDAY SCHEDULE

	Time	EV #	Event	Entries	Sections
FRIDAY OVAL RACES	4:45pm		Boys 200M Dash Novice	132	19
	5:00		Boys 200M Dash Sophomore	85	13
	5:10		Boys 200M Dash Freshman	113	16
	5:20		Boys 200M Dash Middle School	48	8
	5:30		Girls 200M Dash Novice	173	25
	5:40		Girls 200M Dash Sophomore	104	15
	5:50		Girls 200M Dash Freshman	134	19
	6:00		Girls 200M Dash Middle School	48	8
	6:10		Boys Invitational 2 Mile	15	1
	6:25		Boys 1000M Novice	122	6
	6:50		Girls 1000M Novice	85	4
	7:10		Boys 1000M Sophomore	118	6
	7:35		Girls 1000M Sophomore	72	3
	7:55		Boys 1000M Freshman	92	4
	8:10		Girls 1000M Freshman	74	3
	8:25		Boys 1000M Middle School	39	2
	8:35		Girls 1000M Middle School	28	2
	8:45		Boys 4x200M Relay Novice	26	5
	8:55		Girls 4x200M Relay Novice	28	5
	9:10		Boys 4x200M Relay Frosh/Soph	30	5
9:25		Girls 4x200M Relay Frosh/Soph	43	7	
9:40		Boys 4x200M Relay Middle School	4	1	
9:45		Girls 4x200M Relay Middle School	5	1	
9:55		Boys 4x400M Relay Novice	13	1	
10:00		Girls 4x400M Relay Novice	12	1	
10:05		Boys 4x400M Relay Frosh/Soph	16	2	
10:15		Girls 4x400M Relay Frosh/Soph	16	2	
FRIDAY INFIELD RACES	4:45		Girls 55M Dash Novice Trials	114	13
	4:55		Girls 55M Dash Sophomore Trials	61	7
	5:05		Girls 55M Dash Freshman Trials	73	9
	5:15		Girls 55M Dash Middle School Final	39	5
	5:45		Boys 55M Dash Novice Trials	74	9
	5:55		Boys 55M Dash Sophomore Trials	57	7
	6:05		Boys 55M Dash Freshman Trials	53	6
	6:10		Boys 55M Dash Middle School Final	44	5
	6:45		Boys 55M Dash Novice	8 to Final	1
	6:55		Girls 55M Dash Novice	8 to Final	1
	7:00		Boys 55M Dash Sophomore	8 to Final	1
	7:05		Girls 55M Dash Sophomore	8 to Final	1
	7:10		Boys 55M Dash Freshman	8 to Final	1
7:15		Girls 55M Dash Freshman	8 to Final	1	
FRIDAY FIELD EVENTS	4:45		Boys Long Jump Freshman	18	1
	5:30		Boys Long Jump Sophomore	38	2
	6:30		Boys Long Jump Middle School	10	1
	4:45		Girls Long Jump Freshman	33	2
	5:45		Girls Long Jump Sophomore	27	2
	6:45		Girls Long Jump Middle School	20	1
	4:45		Boys Shot Put Freshman	22	1
	5:45		Boys Shot Put Sophomore	29	2
	7:15		Boys Shot Put Middle School	5	1
	4:45		Girls Shot Put Freshman (Back circle)	30	2
	6:15		Girls Shot Put Middle School (Back circle)	7	1
	6:45		Girls Shot Put Sophomore (Back circle)	34	2
	4:45		Boys Pole Vault Freshman	9	7', 8', 9', UP 6"
	4:45		Boys Pole Vault Sophomore	19	7', 8', 9', UP 6"
	4:45		Boys Pole Vault Novice	8	7', 8', 9', UP 6"
	7:30		Girls Pole Vault Freshman	12	6', 7', 8', UP 6"
	7:30		Girls Pole Vault Sophomore	11	6', 7', 8', UP 6"
7:30		Girls Pole Vault Novice	5	6', 7', 8', UP 6"	



SATURDAY SCHEDULE

	Time		Entries	Heats
SATURDAY MORNING RACES		<i>Girls Invitational 2 Mile moved to Saturday</i>		
		<i>Boys Invitational 2 Mile is on Friday</i>		
	8:40	Girls 2 Mile Heat 1 (slow to fast)	25	1
	8:55	Girls 2 Mile Heat 2 (slow to fast)	25	1
	9:10	Girls 2 Mile Heat 3 (slow to fast)	25	1
	9:25	Girls 2 Mile Heat 4 + Invite - Fastest	25	1
	9:40	Boys 2 Mile Heat 1 (slow to fast)	30	1
	9:55	Boys 2 Mile Heat 2 (slow to fast)	30	1
	10:07	Boys 2 Mile Heat 3 (slow to fast)	30	1
	10:19	Boys 2 Mile Heat 4 (slow to fast)	30	1
	10:31	Boys 2 Mile Heat 5 (slow to fast)	25	1
	10:42	Boys 2 Mile Heat 6 (slow to fast)	25	1
	10:53	Boys 2 Mile Heat 7 (slow to fast)	15	1
	11:05	Girls 4x200M Relay Varsity Trials (sub 1:54)	100	17
	11:25	Girls 4x200M Relay Varsity Trials (over1:54)		
11:50	Boys 4x200M Relay Varsity Trials (sub 1:37)	108	18	
12:10	Boys 4x200M Relay Varsity Trials (over1:37)			
12:35	Girls 1500M Race Walk Invitational	15	1	
12:45	Boys Mile Invitational (slower heat)	18		
12:55	Opening Ceremonies			
FEATURED SECTION	1:05	Boys 1 Mile Invitational	14	1
	1:15	Boys 55M Hurdles Varsity Final	8	1
	1:20	Boys 500M Dash Invitational	12	2
	1:25	Girls 500M Dash Invitational	12	2
	1:30	Girls 55M Hurdles Varsity Final	8	1
	1:35	Boys 4x200m Relay Youth	6	1
	1:40	Girls 4x200m Relay Youth	6	1
	1:45	Girls 55M Dash Varsity Final	8	1
	1:50	Boys 55M Dash Varsity Final	8	1
	1:55	Girls 1 Mile Invitational	16	1
	2:05	Girls 4x200M Relay Varsity	6	1
	2:10	Boys 4x200M Relay Varsity	6	1
	2:20	Boys Distance Medley Invitational	14	1
	2:35	Girls Distance Medley Invitational	14	1
	2:50	Boys 1 Mile Steeplechase	12	1
3:00	Girls 1 Mile Steeplechase	12	1	
SATURDAY AFTERNOON RACES	3:10	Girls 1000M Varsity (sub 3:25)	237	9
	3:25	Girls 1000M Varsity (over 3:25)		
	3:45	Boys 1000M Varsity (sub 2:55)	309	13
	4:05	Boys 1000M Varsity (over 2:55)		
	4:30	Girls 300M Dash Varsity (Top 48 Seeded)	48	8
	4:40	Girls 300M Dash Varsity (Unseeded - sub 46.5)	312	30
	4:55	Girls 300M Dash Varsity (Unseeded - over 46.5)		
	5:10	Boys 300M Dash Varsity (top 48 Seeded - sub 36.80)	48	8
	5:20	Boys 300M Dash Varsity (unseeded - sub :40)	408	45
	5:45	Boys 300M Dash Varsity (unseeded - over :40)		
	6:05	Girls 600M Varsity (Sub 1:52)	207	15
	6:20	Girls 600M Varsity (over 1:52)		
	6:35	Boys 600M Varsity (sub 1:32)	239	17
	6:55	Boys 600M Varsity (over 1:32)		
	7:10	Girls 1600 SMR (4-2-2-8)	51	5
7:35	Boys 1600 SMR (4-2-2-8)	57	6	
8:00	Girls 4x800M Relay Varsity	36	2	
8:25	Boys 4x800M Relay Varsity	43	3	
8:55	Girls 4x400M Relay Varsity	28	4	
9:20	Boys 4x400M Relay Varsity	51	5	
9:45	Done			
INFIELD RACES	8:45	Boys 4x55M Shuttle Hurdle Varsity	9	3
	9:00	Girls 4x55M Shuttle Hurdle Varsity	18	5
	9:15	Boys 55M Dash Varsity	229	26
	9:50	Girls 55M Dash Varsity	204	23
	10:20	Girls 55M Hurdles Varsity	113	15
	10:45	Boys 55M Hurdles Varsity	128	17
		Finals listed in schedule above		



SATURDAY FIELD EVENTS

FIELD EVENTS	9:00	Boys Long Jump Varsity	133	8	
	9:00	Girls Long Jump Varsity	115	7	
	2:00	Boys Triple Jump Varsity	90	6	
	2:00	Girls Triple Jump Varsity	90	6	
	9:00	Boys Pole Vault Varsity	46	10', 11', 12', 13', up 6"	
	2:00	Boys High Jump Varsity	64	5-04, 5-07, 5-10, 6'1, up 2"	
	2:00	Girls High Jump Varsity	66	4-04, 4-07, 4,10, up 2"	
	2:00	Girls Pole Vault Varsity	44	7'6, 8'6, 9'6, up 6"	

THROWING CAGE	THROWING CAGE			
	1)	<i>Flights are seeded worst to best - higher number equals better throwers</i>		
	2)	<i>Check results.armorytrack.com for flight assignments</i>		
	3)	<i>No Finals in WT - Just Varsity SP (top 8)</i>		
	4)	<i>First throw measured - after that must be over minimum</i>		
	5)	<i>Only the top 3 flights are eligible for SP finals</i>		
		CIRCLE ONE - MAIN		
	EVT #	<i>Event (Flight)</i>	<i>Entries</i>	<i>Minimum</i>
	8:30	Boys Shot Put Varsity (Flight 6)	17	32 Feet
	9:30	Boys Shot Put Varsity (Flight 7)	17	32 Feet
	10:20	Boys Shot Put Varsity (Flight 8)	17	32 Feet
	11:10	Boys Shot Put Varsity (Flight 9)	17	32 Feet
	12:00	Boys Shot Put Varsity (Flight 10)	17	32 Feet
	12:50	Boys Shot Put Varsity (Final)	8	32 Feet
	1:30	Girls Shot Put Varsity (Flight 5)	18	24 Feet
	2:25	Girls Shot Put Varsity (Flight 6)	18	24 Feet
	3:20	Girls Shot Put Varsity (Flight 7)	18	24 Feet
	4:15	Girls Shot Put Varsity (Final)	8	24 Feet
	4:45	Boys Weight Throw (3 Flights)	40	45 Feet
	6:45	Girls Weight Throw (3 Flights)	40	35 Feet
		CIRCLE TWO - BACK UP		
	8:30	Boys Shot Put Varsity (Flight 5)	17	32 Feet
	9:30	Boys Shot Put Varsity (Flight 1)	17	32 Feet
	10:20	Boys Shot Put Varsity (Flight 2)	17	32 Feet
	11:10	Boys Shot Put Varsity (Flight 3)	17	32 Feet
	12:00	Boys Shot Put Varsity (Flight 4)	17	32 Feet
	1:30	Girls Shot Put Varsity (Flight 1)	18	24 Feet
2:25	Girls Shot Put Varsity (Flight 2)	18	24 Feet	
3:20	Girls Shot Put Varsity (Flight 3)	18	24 Feet	
4:15	Girls Shot Put Varsity (Flight 4)	18	24 Feet	

results.armorytrack.com

Make sure to search for your team name