

Coaches Meeting at 9:00am

Field Events will begin at 9:30am / 11:00am

- High Jump Boys / Girls
- Long Jump Girls / Boys
- Shot Put Boys / Girls
- Pole Vault Girls / Boys
- Discus Girls / Boys
- Triple Jump Boys / Girls

Running Events will begin at 12:30pm

RUNNING EVENTS: (No running events should start before all field events are completed)

- **12:30 pm** 4 x 100m Relay
- **12:50 pm** 1600m Girls
- **1:10 pm** 400m
- **1:35 pm** 100m
- **1:50 pm** 100/110m Hurdles
- **2:30 pm** 800m
- **3:00 pm** 200m
- **3:30 pm** 300m Hurdles
- **4:00 pm** 3200m Boys
- **4:30 pm** 4 x 400m Relay

** In the event fields have not concluded before 11:45am all running will be pushed back in 10 minute increments. Rolling schedule will not take place unless otherwise stated on the day of the event, keeping in mind athlete recovery time.**

Monday (4/22):

Finals will begin at 5:30pm

- **5:30 pm** 4 x 100m Relay
- **5:45 pm** 1600m Girls
- **6:20 pm** 400m
- **6:45 pm** 100m
- **7:00 pm** 100/110m Hurdles
- **7:20 pm** 800m
- **8:00 pm** 200m
- **8:15 pm** 300m Hurdles
- **8:30 pm** 3200m Boys
- **8:45 pm** 4 x 400m Relay

*** Any delays that will be needed to have taken place i.e. whether, technology, electric, etc. all coaches will be notified***