

2021 FRC TRACK & FIELD CHAMPIONSHIPS



Date: Monday, May 3rd, 2021 **Location:** Pacific High School

Meet Entries: Entries are to be done online using mo.milesplit. Entries are due by 9am on Sunday, May 2rd. Teams are allowed 3 entries in each individual event and 1 entry per relay for both varsity and JV.

- 9th-11th graders are allowed to compete as JV
- 9th-12th graders may compete as varsity
- JV athletes may be a member on up to 3 varsity relay teams.
- If an athlete competes in any JV event, they may not compete in an individual varsity event.

Scoring: 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1

*Only 2 athletes per school can score in each event.

Meet Results: Live results will be available through Big River at **brrm.com**. Final results will be posted on **mo.milesplit** and **athletic.net**.

Field Events: For varsity, preliminaries will be run with the top 9 making the finals with the exception of the high jump and pole vault. For jv, 4 attempts will be allowed with NO FINALS.

Running Events: Preliminaries/finals will be run in the 100m dash, 100/110 hurdles, and 200m dash. All other running events will be run as finals.

Awards: Medals will be awarded to top 3 for both varsity and JV events. A plaque will be given to the 1st place varsity team. Plaques for Most Outstanding Male and Female Performers will also be awarded as voted on by coaches at the end of the meet.

All-Conference Selections: Selection is determined on where the athlete finishes in the Conference meet.

1st place finish --1st Team2nd place finish--2nd Team3rd place finish--Honorable Mention****All-Conference athletes should stay for a group picture at the conclusion of the meet****

Markers: For exchange zones, "tennis ball" types of markers are allowed on the track. Chalk is allowed for the high jump. Chalk and/or markers have to be to the side of the runways. No tape is to be used on any area of the track surface.

Buses: Please unload by the stadium and park your bus in our baseball parking lot near Truman Elementary at the bottom of Indian Warpath Dr.

Games Committee: Hermann, New Haven, and Sullivan

Event Assignments (AM/PM): The first school name will fill the event in the AM and the second name will fill the PM slot. We will switch events after the scheduled break in the hospitality area.

Shot Put: Union/New HavenJavelin: Owensville/SullivanLong Jump: St. Clair/OwensvilleHigh Jump: New Haven/Hermann

Discus: Hermann/St. Clair Pole Vault: St. James/Union Triple Jump: Sullivan/St. James

Spikes: No spikes on any synthetic surfaces longer than 3/16th inch.

Coaches' Meeting: There will be a scratch meeting at 8:45 in the commons behind the stadium. No additions or changes at the meeting. Coaches can only make scratches.

Facilities: Concessions and restrooms are located at the east end of the stadium. The school will be off limits to athletes and supporters. A hospitality area will be offered for coaches, officials, and administration.

T-shirts: There will be a vendor at the meet creating shirts for sale.

Officials:

Starters: Randy Crowe and Russ Rowbottom Field Judge: Tom Rahl

Admission: No admission cost for spectators, but please remind your fans that only service animals allowed--no pets!

BitS - Coaches MeetingJELD EVENTS9:30GIRLS- Discus (IV followed by Varsity) BOYS- Shot Put (IV followed by Varsity) GIRLS - High Jump (IV followed by Varsity) BOYS- Juelin (Varsity followed by Varsity) BOYS- Juelin (Varsity followed by Varsity) BOYS- Juelin (Varsity followed by Varsity) BOYS- Diek Valit (IV followed by Varsity) BOYS- Triple Jump (All Divisions - 2 Hours - Cateteria Style, Varsity Finds - Hour) Cateteria Style, Varsity Finds - Hour)BOYS- Triple Jump (All Divisions - 2 Hours - Cateteria Style, Varsity Finds - Hour) BOYS- Triple Jump (All Divisions - 2 Hours - Cateteria Style, Varsity GIRLS - 100m Hurdles - Prelims 2 00 1 0254 x 100m Relay - Varsity GIRLS10:00Varsity GIRLS - 100m Hurdles - Prelims 2 2:004 x 100m Relay - Varsity GIRLS10:05Varsity BOYS- 100m Dash - Prelims 2 2:15400m Dash - Varsity GIRLS10:043200m Run - VG GIRLS and JY Boys 2 1:152:16400m Dash - Varsity GIRLS10:05Varsity BOYS - 200m Dash - Prelims 2 2:25300m Hurdles - Varsity GIRLS10:06Varsity GIRLS - 100m Dash - Prelims 2 2:35300m Hurdles - Varsity GIRLS10:06Varsity BOYS - 200m Dash - Prelims 2 2:35300m Hurdles - Varsity GIRLS11:05Varsity GIRLS - 100m Ha		2021 FRC Track & Pacific High School SCHEDUL	l - Mono		
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10:20 Varsity GIRLS- 100m Dash - Prelims 2:05 4 x 100m Relay - IV BOYS 10:25 Varsity BOYS- 100m Dash - Prelims 2:10 4 x 100m Relay - Varsity BOYS 10:40 3200m Run - JV GIRLS and JV Boys 2:15 400m Dash - JV GIRLS 11:00 Varsity GIRLS - 200m Dash - Prelims 2:25 400m Dash - JV GIRLS 11:05 Varsity BOYS - 200m Dash - Prelims 2:35 400m Dash - JV BOYS ***** B R E A K - 30 Minutes**** 2:45 400m Dash - Varsity BOYS 11:05 Varsity BOYS - 200m Dash - Prelims 2:35 300m Hurdles - JV BOYS 11:40 4 x 800m Relay - GIRLS (JV & Varsity) 2:55 300m Hurdles - JV GIRLS 11:40 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - JV GIRLS 12:10 JV GIRLS - 100m Hurdles - FINALS 3:10 300m Hurdles - JV BOYS 12:25 JV BOYS - 110m Hurdles - FINALS 3:10 300m Hurdles - Varsity GIRLS 12:30 Varsity GIRLS - 100m Dash - FINALS 3:20 800m Run - JV GIRLS 12:30 JV GIRLS - 100m Dash - FINALS 3:30 800m Run - JV BOYS 12:40	10:	0 Varsity GIRLS- 100m Hurdles - Prelims	1:55	4 x 100m Relay - JV GIRLS	
10:25 Varsity BOYS- 100m Dash - Prelims 2:10 4 x 100m Relay - Varsity BOYS 10:40 3200m Run - JV GIRLS and JV Boys 2:15 400m Dash - JV GIRLS 11:00 Varsity GIRLS - 200m Dash - Prelims 2:25 400m Dash - Varsity GIRLS 11:05 Varsity BOYS - 200m Dash - Prelims 2:35 400m Dash - JV BOYS ***** B R E A K - 30 Minutes**** 2:45 400m Dash - Varsity BOYS 11:40 4 x 800m Relay - GIRLS (JV & Varsity) 2:55 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - JV BOYS 12:10 JV GIRLS - 100m Hurdles - FINALS 3:05 300m Hurdles - JV BOYS 12:25 JV BOYS - 110m Hurdles - FINALS 3:10 300m Run - JV GIRLS 12:26 JV BOYS - 110m Hurdles - FINALS 3:20 800m Run - JV GIRLS 12:30 Varsity GIRLS - 100m Dash - FINALS 3:25 800m Run - JV GIRLS 12:31 JV GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity GIRLS 12:40 Var	10:	5 Varsity BOYS- 110m Hurdles - Prelims	2:00	4 x 100m Relay - Varsity GIRLS	
10:40 3200m Run - JV GIRLS and JV Boys 2:15 400m Dash - JV GIRLS 11:00 Varsity GIRLS - 200m Dash - Prelims 2:25 400m Dash - Varsity GIRLS 11:05 Varsity BOYS - 200m Dash - Prelims 2:35 400m Dash - JV BOYS ***** B R E A K - 30 Minutes**** 2:45 400m Dash - Varsity BOYS 11:40 4 x 800m Relay - GIRLS (JV & Varsity) 2:55 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - Varsity GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - Varsity GIRLS 12:10 JV GIRLS - 100m Hurdles - FINALS 3:05 300m Hurdles - Varsity BOYS 12:15 Varsity GIRLS - 100m Hurdles - FINALS 3:10 300m Hurdles - Varsity BOYS 12:25 JV BOYS- 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:30 Varsity GIRLS - 100m Dash - FINALS 3:20 800m Run - Varsity GIRLS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity GIRLS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 10 GIRLS - 200m Dash - FINALS	10:	.0 Varsity GIRLS- 100m Dash - Prelims	2:05	4 x 100m Relay - JV BOYS	
11:00 Varsity GIRLS - 200m Dash - Prelims 2:25 400m Dash - Varsity GIRLS 11:05 Varsity BOYS - 200m Dash - Prelims 2:35 400m Dash - JV BOYS ***** B R E A K - 30 Minutes**** 2:45 400m Dash - Varsity BOYS 11:40 4 x 800m Relay - GIRLS (JV & Varsity) 2:55 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - JV GIRLS 12:10 JV GIRLS - 100m Hurdles - FINALS 3:05 300m Hurdles - JV BOYS 12:15 Varsity GIRLS - 100m Hurdles - FINALS 3:10 300m Run - JV GIRLS 12:25 JV BOYS - 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:30 Varsity BOYS - 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity GIRLS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:50 <td>10:</td> <td>5 Varsity BOYS- 100m Dash - Prelims</td> <td>2:10</td> <td>4 x 100m Relay - Varsity BOYS</td>	10:	5 Varsity BOYS- 100m Dash - Prelims	2:10	4 x 100m Relay - Varsity BOYS	
11:05 Varsity BOYS - 200m Dash - Prelims 2:35 400m Dash - JV BOYS ***** B R E A K - 30 Minutes**** 2:45 400m Dash - Varsity BOYS 11:40 4 x 800m Relay - GIRLS (JV & Varsity) 2:55 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay - BOYS (JV & Varsity) 3:00 300m Hurdles - Varsity GIRLS 12:10 JV GIRLS - 100m Hurdles - FINALS 3:05 300m Hurdles - Varsity BOYS 12:15 Varsity GIRLS - 100m Hurdles - FINALS 3:10 300m Hurdles - Varsity BOYS 12:25 JV BOYS - 110m Hurdles - FINALS 3:15 800m Run - JV GIRLS 12:30 Varsity BOYS - 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:35 JV GIRLS - 100m Dash - FINALS 3:25 800m Run - Varsity GIRLS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:	10:	0 3200m Run - JV GIRLS and JV Boys	2:15	400m Dash - JV GIRLS	
**** B R E A K – 30 Minutes**** 2:45 400m Dash - Varsity BOYS 11:40 4 x 800m Relay – GIRLS (JV & Varsity) 2:55 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay – BOYS (JV & Varsity) 3:00 300m Hurdles - Varsity GIRLS 12:10 JV GIRLS – 100m Hurdles - FINALS 3:05 300m Hurdles - JV BOYS 12:15 Varsity GIRLS – 100m Hurdles - FINALS 3:10 300m Hurdles - Varsity BOYS 12:25 JV BOYS – 110m Hurdles - FINALS 3:15 800m Run - JV GIRLS 12:30 Varsity BOYS – 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:35 JV GIRLS – 100m Dash - FINALS 3:22 800m Run - Varsity GIRLS 12:30 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS – 100m Dash - FINALS 3:35 JV GIRLS – 200m Dash - FINALS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS	11:	0 Varsity GIRLS - 200m Dash - Prelims	2:25	400m Dash - Varsity GIRLS	
11:40 4 x 800m Relay – GIRLS (JV & Varsity) 2:55 300m Hurdles - JV GIRLS 11:55 4 x 800m Relay – BOYS (JV & Varsity) 3:00 300m Hurdles - Varsity GIRLS 12:10 JV GIRLS – 100m Hurdles - FINALS 3:05 300m Hurdles - JV BOYS 12:15 Varsity GIRLS – 100m Hurdles - FINALS 3:10 300m Hurdles - Varsity BOYS 12:25 JV BOYS– 110m Hurdles - FINALS 3:15 800m Run - JV GIRLS 12:30 Varsity BOYS– 110m Hurdles - FINALS 3:20 800m Run - JV GIRLS 12:30 Varsity BOYS– 110m Hurdles - FINALS 3:22 800m Run - Varsity GIRLS 12:30 Varsity GIRLS – 100m Dash - FINALS 3:25 800m Run - Varsity GIRLS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash -	11:	5 Varsity BOYS - 200m Dash - Prelims	2:35	400m Dash - JV BOYS	
11:55 4 x 800m Relay – BOYS (JV & Varsity) 3:00 300m Hurdles - Varsity GIRLS 12:10 JV GIRLS – 100m Hurdles - FINALS 3:05 300m Hurdles - JV BOYS 12:15 Varsity GIRLS – 100m Hurdles - FINALS 3:10 300m Hurdles - Varsity BOYS 12:25 JV BOYS – 110m Hurdles - FINALS 3:15 800m Run - JV GIRLS 12:30 Varsity BOYS – 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:35 JV GIRLS – 100m Dash - FINALS 3:25 800m Run - Varsity GIRLS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:55 4 x 200m Relay – JV GIRLS 3:45 JV BOYS - 200m Dash - FINALS		**** B R E A K – 30 Minutes****	2:45	400m Dash - Varsity BOYS	
12:10 JV GIRLS – 100m Hurdles - FINALS 3:05 300m Hurdles - JV BOYS 12:15 Varsity GIRLS – 100m Hurdles - FINALS 3:10 300m Hurdles - Varsity BOYS 12:25 JV BOYS- 110m Hurdles - FINALS 3:15 800m Run - JV GIRLS 12:30 Varsity BOYS- 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:35 JV GIRLS - 100m Dash - FINALS 3:25 800m Run - Varsity GIRLS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:50 Varsity BOYS - 100m Dash - FINALS 3:30 Varsity GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS - 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS - 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS - 100m Relay - JV GIRLS 3:50 Varsity BOYS - 200m Dash - FINALS 1:00 4 x 200m Relay - Varsi	11:	0 4 x 800m Relay – GIRLS (JV & Varsity)	2:55	300m Hurdles - JV GIRLS	
12:15 Varsity GIRLS – 100m Hurdles - FINALS 3:10 300m Hurdles - Varsity BOYS 12:25 JV BOYS – 110m Hurdles - FINALS 3:15 800m Run - JV GIRLS 12:30 Varsity BOYS – 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:35 JV GIRLS – 100m Dash - FINALS 3:25 800m Run - Varsity GIRLS 12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:50 Varsity BOYS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:55 4 x 200m Relay – JV GIRLS 3:45 JV BOYS - 200m Dash - FINALS 12:55 4 x 200m Relay – Varsity GIRLS 3:50 Varsity BOYS - 200m Dash - FINALS 1:00 4 x 200m Relay – Varsity GIRLS 3:55 3200m Run – Varsity GIRLS 1:05 4 x 200m Relay – JV BOYS 3:55 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:10 4 x 200m Relay – Varsity BOYS 4:25 4 X 40	11:	5 4 x 800m Relay – BOYS (JV & Varsity)	3:00	300m Hurdles - Varsity GIRLS	
12:25 JV BOYS- 110m Hurdles - FINALS 3:15 800m Run - JV GIRLS 12:30 Varsity BOYS- 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:35 JV GIRLS - 100m Dash - FINALS 3:25 800m Run - JV BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS - 100m Dash - FINALS 3:35 JV GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS - 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:55 4 x 200m Relay - JV GIRLS 3:45 JV BOYS - 200m Dash - FINALS 12:55 4 x 200m Relay - JV GIRLS 3:50 Varsity BOYS - 200m Dash - FINALS 1:00 4 x 200m Relay - Varsity GIRLS 3:55 3200m Run - Varsity GIRLS 1:05 4 x 200m Relay - JV BOYS 3:55 3200m Run - Varsity BOYS 1:10 4 x 200m Relay - Varsity BOYS 4:10 3200m Run - Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 X 400m Relay - JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - JV BOYS <td>12:</td> <td>.0 JV GIRLS – 100m Hurdles - FINALS</td> <td>3:05</td> <td>300m Hurdles - JV BOYS</td>	12:	.0 JV GIRLS – 100m Hurdles - FINALS	3:05	300m Hurdles - JV BOYS	
12:30 Varsity BOYS- 110m Hurdles - FINALS 3:20 800m Run - Varsity GIRLS 12:35 JV GIRLS - 100m Dash - FINALS 3:25 800m Run - JV BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS - 100m Dash - FINALS 3:35 JV GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS - 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:55 4 x 200m Relay - JV GIRLS 3:45 JV BOYS - 200m Dash - FINALS 1:00 4 x 200m Relay - Varsity GIRLS 3:50 Varsity BOYS - 200m Dash - FINALS 1:05 4 x 200m Relay - JV BOYS 3:55 3200m Run - Varsity GIRLS 1:10 4 x 200m Relay - JV BOYS 4:10 3200m Run - Varsity BOYS 1:15 1600m Run - JV GIRLS 4:30 4 X 400m Relay - JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	12:	.5 Varsity GIRLS – 100m Hurdles - FINALS	3:10	300m Hurdles - Varsity BOYS	
12:35 JV GIRLS- 100m Dash- FINALS 3:25 800m Run - JV BOYS 12:40 Varsity GIRLS - 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS - 100m Dash - FINALS 3:35 JV GIRLS - 200m Dash - FINALS 12:50 Varsity BOYS - 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash - FINALS 12:55 4 x 200m Relay - JV GIRLS 3:45 JV BOYS - 200m Dash - FINALS 1:00 4 x 200m Relay - Varsity GIRLS 3:50 Varsity BOYS - 200m Dash - FINALS 1:00 4 x 200m Relay - Varsity GIRLS 3:55 3200m Run - Varsity GIRLS 1:05 4 x 200m Relay - JV BOYS 3:55 3200m Run - Varsity GIRLS 1:10 4 x 200m Relay - Varsity BOYS 4:10 3200m Run - Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 X 400m Relay - JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - JV BOYS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	12:	5 JV BOYS– 110m Hurdles - FINALS	3:15	800m Run - JV GIRLS	
12:40 Varsity GIRLS – 100m Dash - FINALS 3:30 800m Run - Varsity BOYS 12:45 JV BOYS – 100m Dash - FINALS 3:35 JV GIRLS – 200m Dash – FINALS 12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash – FINALS 12:55 4 x 200m Relay – JV GIRLS 3:45 JV BOYS - 200m Dash – FINALS 1:00 4 x 200m Relay – Varsity GIRLS 3:50 Varsity BOYS - 200m Dash – FINALS 1:05 4 x 200m Relay – Varsity GIRLS 3:55 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:15 1600m Run - JV GIRLS 4:30 4 x 400m Relay - JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 x 400m Relay - JV BOYS	12:	0 Varsity BOYS– 110m Hurdles - FINALS	3:20	800m Run - Varsity GIRLS	
12:45 JV BOYS – 100m Dash - FINALS 3:35 JV GIRLS – 200m Dash – FINALS 12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash – FINALS 12:55 4 x 200m Relay – JV GIRLS 3:45 JV BOYS - 200m Dash – FINALS 1:00 4 x 200m Relay – Varsity GIRLS 3:50 Varsity BOYS - 200m Dash – FINALS 1:05 4 x 200m Relay – JV BOYS 3:55 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 x 400m Relay - JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	12:	5 JV GIRLS– 100m Dash- FINALS	3:25	800m Run - JV BOYS	
12:50 Varsity BOYS – 100m Dash - FINALS 3:40 Varsity GIRLS - 200m Dash – FINALS 12:55 4 x 200m Relay – JV GIRLS 3:45 JV BOYS - 200m Dash – FINALS 1:00 4 x 200m Relay – Varsity GIRLS 3:50 Varsity BOYS - 200m Dash – FINALS 1:00 4 x 200m Relay – Varsity GIRLS 3:50 Varsity BOYS - 200m Dash – FINALS 1:05 4 x 200m Relay – JV BOYS 3:55 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:11 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 x 400m Relay – JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	12:	0 Varsity GIRLS – 100m Dash - FINALS	3:30	800m Run - Varsity BOYS	
12:55 4 x 200m Relay – JV GIRLS 3:45 JV BOYS - 200m Dash – FINALS 1:00 4 x 200m Relay – Varsity GIRLS 3:50 Varsity BOYS - 200m Dash – FINALS 1:05 4 x 200m Relay – JV BOYS 3:55 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – JV BOYS 4:10 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 x 400m Relay – JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay – Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay – JV BOYS	12:	5 JV BOYS – 100m Dash - FINALS	3:35	JV GIRLS – 200m Dash – FINALS	
1:00 4 x 200m Relay – Varsity GIRLS 3:50 Varsity BOYS - 200m Dash – FINALS 1:05 4 x 200m Relay – JV BOYS 3:55 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 X 400m Relay – JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	12:	0 Varsity BOYS – 100m Dash - FINALS	3:40	Varsity GIRLS - 200m Dash – FINALS	
1:05 4 x 200m Relay – JV BOYS 3:55 3200m Run – Varsity GIRLS 1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 X 400m Relay – JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	12:	5 4 x 200m Relay – JV GIRLS	3:45	JV BOYS - 200m Dash – FINALS	
1:10 4 x 200m Relay – Varsity BOYS 4:10 3200m Run – Varsity BOYS 1:15 1600m Run - JV GIRLS 4:25 4 X 400m Relay - JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	1:0	0 4 x 200m Relay – Varsity GIRLS	3:50	Varsity BOYS - 200m Dash – FINALS	
1:15 1600m Run - JV GIRLS 4:25 4 X 400m Relay - JV GIRLS 1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	1:0	5 4 x 200m Relay –JV BOYS	3:55	3200m Run – Varsity GIRLS	
1:25 1600m Run - Varsity GIRLS 4:30 4 X 400m Relay - Varsity GIRLS 1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	1:1	0 4 x 200m Relay – Varsity BOYS	4:10	3200m Run – Varsity BOYS	
1:35 1600m Run - JV BOYS 4:35 4 X 400m Relay - JV BOYS	1:1	5 1600m Run - JV GIRLS	4:25	4 X 400m Relay - JV GIRLS	
	1:2	5 1600m Run - Varsity GIRLS	4:30	4 X 400m Relay - Varsity GIRLS	
1:451600m Run - Varsity BOYS4:404 X 400m Relay - Varsity BOYS	1:3	5 1600m Run - JV BOYS	4:35	4 X 400m Relay - JV BOYS	
	1:4	5 1600m Run - Varsity BOYS	4:40	4 X 400m Relay - Varsity BOYS	