10:00 – 10:30 – Weigh In (in track shed East side of stadium)/Scratch Meeting (no write ins)

**Entries:** You may enter 5 athletes per event. One relay per team. Registration must be made on <a href="https://www.milesplit.com">www.milesplit.com</a>. Deadline will be Thursday June 3rd, at 5:00 pm.

**Field Events:** All throwing events, Long Jump, and Triple Jump will have 4 attempts with no finals. Pole Vault and High Jump will begin at an opening height as determined at the coaches meeting. Pole Vault and High Jump will be permitted 3 attempts per height until eliminated due to 3 misses at their highest attempt.

Running Events: All running events will be timed finals.

11:00–11:30 Boys/Girls Long Jump Open Pit

Boys/Gilrs High Jump Open Pit

Girls Shot Put Boys Discus Girls Javelin

11:30–12:00 Boys/Girls Triple Jump Open Pit

Boys/Girls Pole Vault Open Pit

Boys Shot Put Girls Discus Boys Javelin

## 12:00 Running Events Start (Girls first then Boys)

3200 Meter Run

100 Meter Hurdles/110 Meter High Hurdles

4 x 100 Meter Relay

800 Meter Run

100 Meter Dash

400 Meter Dash

4 x 200 Meter Relay

4 x 800 Meter Relay

1600 Sprint Medley Relay

300 Meter Hurdles

1600 Meter Run

200 Meter Dash

4 x 400 Meter Relay