

Time	Running Events		Time	Field Events		
7:00 AM	Doors Open		7:00 AM	Doors Open		
8:20 AM	1500M RW Girls & Boys		10:00 AM	Long Jump	Two Pits Girls & Boys Start at Same Time	
8:45 AM	3000M		10:00 AM	Pole Vault	Girls Followed by Boys	
9:15 AM	60M Dash		10:00 AM	Shot Put	Girls Followed by Boys	
11:45 AM	60M Hurdle Prelims		2:00 PM	High Jump	Girls Followed by Boys	
12:15 PM	60M Dash Final		3:00 PM	Triple Jump	Girls Followed by Boys	
12:45 PM	60M Hurdles Final					
1:15 PM	800M Girls					
1:40 PM	800M Boys					
2:15 PM	4x200M Girls					
2:20 PM	4x200M Boys					
2:25 PM	400M					
5:25 PM	Mile					
6:25 PM	200M					

Races with multiple section finals are fast to slow

Shot Put, Long Jump, and Triple Jump are four attempts straight final

200M runners need to check in during Boys Mile—heats will not be assigned until after check in

Only athletes 13 and above will be allowed to use blocks

Hurdle age divisions with less than 8 contestants will run during the Finals time slot

Girls run before boys in all events except hurdles