**ORDER OF EVENTS**

10:00 – 11:30 AM

Implement weigh-ins for AM events

**11:00 AM**

Girls Team Javelin followed by Boys Team Javelin

Boys Team Pole Vault followed by Girls Team Pole Vault

**1:00PM**

Boys west pit/Girls east pit Team Long Jump: OPEN pit closing at 2:30pm

Girls Team Discus followed by Boys Team Discus

Boys Team Shot Put followed by Girls Team Shot Put

Boys Team High Jump Followed by Girls Team High Jump

**3:00pm**

Boys Girls Team Triple Jump: OPEN pit closing at 4:30pm

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2:15 p.m. COACHES' MEETING

Running Events start @ 3:30 p.m.

**NOTE: The meet will be run on a “rolling schedule”**

The events in bold type are State Qualifying events.

**4\*100m boys/girls ………………...………….…………………………………….... flights; in lanes**

**1600m Invitational boys/girls ………..………………….………………………………………. Waterfall or Box Ally start**

Boys/Girls 1600 Sprint Medley (200,200,400,800) ………………………………………. flights; 1st lap in lanes

**100m Invitational boys/girls ………………………………….........…………........................ flights in lanes**

**Boys/Girls (4 x 800m) ...............................................................................Waterfall Start or Box Alley**

**100m/110m hurdles …………………………………………………………………………………………… flights; in lanes**

Boys/Girls (4\*200m) ………………………………………………………………………………………………. flights

Boys/Girls Distance Medley Relay (1200, 400, 800, 1600) ................................................Waterfall Start or Box Alley

Boys/Girls 800m Sprint Medley (100,100,200,400) ................................................ In Lanes

**Co-ed 4\*1600m Relay…run in flights; scored XC style…………………………………………Waterfall or Box Ally**

**Boys/Girls 1600m Relay (4 x 400) (3 turn stagger) .....................................................**