

Unless noted, track heats will be in this order:				LJ, TJ, SP, Discus: 3 attempts, then top 10 to finals			
Rocky Mountain (RM) and then Longs Peak (LP)				*4 entries/1 relay			
Wednesday, April 30th				Wednesday, April 30th			
1:00	Weigh-In/Coaches' Meeting			1:30	All Girls Vaulters		
1:55	National Anthem			1:30	LP - Boys Long Jump		
2:00	Girls 3200 Relay			1:30	RM - Girls Triple Jump		
2:30	Boys 3200 Relay			1:30	LP - Girls High Jump		
2:55	Girls 100 Meter Hurdles			2:00	All Leagues Unified/Paralympic Long Jump		
3:15	Boys 110 Meter Hurdles			4:30	RM - Boys Long Jump		
3:35	Girls 100 Meter Dash			4:30	LP - Girls Triple Jump		
3:55	Boys 100 Meter Dash			4:30	RM - Boys High Jump		
4:15	All Leagues Unified/Paralympic 100m						
4:25	Girls 400 Meter Dash			1:30	LP- Girls Discus		
4:50	Boys 400 Meter Dash			1:30	RM - Boys Shot Put		
5:15	LP - Girls 1600 Run			4:30	LP - Boys Shot Put		
5:30	LP - Boys 1600 Run			4:30	RM - Girls Discus		
5:45	Girls 4x200 Meter Relay						
5:55	Boys 4x200 Meter Relay						
6:05	RM - Girls 3200 Run						
6:25	RM - Boys 3200 Run						
Friday, May 2nd				Friday, May 2nd			
1:00	Weigh-In/Coaches' Meeting			1:30	All Boys Vaulters		
2:00	RM - Girls 1600 Run			1:30	LP - Girls Long Jump		
2:15	RM - Boys 1600 Run			1:30	RM - Boys Triple Jump		
2:30	Girls 4x100 Meter Relay			1:30	LP - Boys High Jump		
2:40	Boys 4x100 Meter Relay			4:30	RM - Girls Long Jump		
2:55	Girls 300 Meter Hurdles			4:30	LP - Boys Triple Jump		
3:15	Boys 300 Meter Hurdles			4:30	RM - Girls High Jump		
3:35	Girls 800 Meter Run						
3:55	Boys 800 Meter Run			1:30	LP- Boys Discus		
4:10	Dinner Break			1:30	RM - Girls Shot Put		
4:40	Girls 200 Meter Dash			4:30	LP - Girls Shot Put		
5:00	Boys 200 Meter Dash			4:30	RM - Boys Discus		
5:20	LP - Girls 3200 Run						
5:40	LP - Boys 3200 Run						
6:00	Coaches 4 x 100 Meter Relay						
6:10	Girls 4x400 Meter Relay						
6:20	Boys 4x400 Meter Relay						
6:45	Final Awards per Each League						