



8:30 am Coaches Meeting

Running Events

9:15 am First Event

- Girls 100m Hurdles
- Boys** 110m Hurdles
- Girls 4x800m Relay
- Boys** 4x800m Relay
- Girls 100m Dash
- Boys** 100m Dash
- Girls 4x200m Relay
- Boys** 4x200m Relay
- Girls 1600m Run
- Boys** 1600m Run
- Girls 4x100m Relay
- Boys** 4x100m Relay
- Girls 400m Dash
- Boys** 400m Dash
- Girls 800m Run
- Boys** 800m Run
- Girls 200m Dash
- Boys** 200m Dash
- Girls 4x400m Relay
- Boys** 4x400m Relay

Field Events

9:00 am Concurrent Start

- Girls High Jump *(3-6 Start Ht)*
- Girls Shot Put
- Girls Triple Jump*
- Boys** Discus
- Boys** Long Jump*

As each event above completes, the opposite gender event below will begin

- Boys** High Jump *(4-0 Start Ht)*
- Boys** Shot Put
- Boys** Triple Jump*
- Girls Discus
- Girls Long Jump*

** Jump pits at Atlas Prep are not as long as usual, so jumpers may need to use next 4' increment*