

SCHEDULE OF EVENTS:

10:00AM - Coaches meeting and implement weigh in

FIELD EVENTS

10:30 AM

GIRLS POLE VAULT

BOYS HIGH JUMP

GIRLS LONG JUMP

BOYS LONG JUMP

GIRLS SHOT PUT

BOYS DISCUS THROW

12:00 PM

BOYS POLE VAULT

GIRLS HIGH JUMP

BOYS TRIPLE JUMP

GIRLS TRIPLE JUMP

BOYS SHOT PUT

GIRLS DISCUS THROW

RUNNING EVENTS

11:00 AM GIRLS 4X800M RELAY FINAL

11:15 AM BOYS 4X800M RELAY FINAL

11:45 AM NATIONAL ANTHEM

12:00 PM GIRLS 100M HURDLE FINAL

12:15 PM BOYS 110M HURDLE FINAL

12:45 PM GIRLS 100M DASH FINAL

1:05 PM BOYS 100M DASH FINAL

1:15 PM GIRLS 1600M RUN FINAL

1:30 PM BOYS 1600M RUN FINAL

1:45 PM GIRLS 4X100M RELAY FINAL

1:55 PM BOYS 4X100M RELAY FINAL

2:05 PM GIRLS 400M DASH FINAL

2:15 PM BOYS 400M DASH FINAL

2:30 PM GIRLS 300M INT. HURDLE FINAL

2:45 PM BOYS 300M INT. HURDLE FINAL

3:00 PM GIRLS 800M RUN FINAL

3:15 PM BOYS 800M RUN FINAL

3:30 PM GIRLS 200M DASH FINAL

3:40 PM BOYS 200M DASH FINAL

3:50 PM GIRLS 3200M RUN FINAL

4:10 PM BOYS 3200M RUN FINAL

4:25 PM GIRLS 4X400M RELAY FINAL

4:40 PM BOYS 4X400M RELAY FINAL