

WE WILL BE WORK UNDER A RUNNING SCHEDULE. THERE WILL BE A BREAK IN BETWEEN THE 400m and 40 Yard Dash for meet workers to eat.

Schedule (Tentative)

- 9:45 am COACHES MEETING**
- 10:15 am NATIONAL ANTHEM**
- 10:30 BOYS 3200m Run (3 Heats)**
- 11:45 4 x 800 Relay BOYS 1 Heat
4 x 800 Relay GIRLS 1 Heat**
- 12:25 110H Hurdles BOYS
100H Hurdles GIRLS**
- 1:15 4 x 200 Relay BOYS
4 x 200 Relay GIRLS**
- 1:45 100m Dash BOYS
100m Dash GIRLS**
- 2:35 1600m Run BOYS (2 or 3 Heats)
1600m Run GIRLS (2 or 3 Heats)**
- 3:30 4 x 100m Relay BOYS
4 x 100m Relay GIRLS**
- 3:50 400m Dash BOYS
400m Dash GIRLS**
- 4:45 – 5:20 Break for Workers**
- 5:20 40 Yard Dash BOYS
40 Yard Dash GIRLS**
- 5:30 300m Hurdles BOYS
300m Hurdles GIRLS**
- 6:10 800m BOYS (Heats TBD)
800m GIRLS (Heats TBD)**
- 6:45 200m Dash BOYS
200m Dash GIRLS**
- 7:25 3200m Run GIRLS (3 Heats)**
- 8:25 4 x 400m Relay BOYS
4 x 400m Relay GIRLS**

POLE VAULT - Wt Verification Sheets

Starting Heights for Pole Vault:

Boys 8'0" Girls 5'5"

Pits Open for Run Thru at 10:00

11:00 Pole Vault Boys

11:00 Pole Vault Girls

LONG JUMP Run Thru's Begin at 9:30

2 runways used, Flights 1 -3 on one, 4 - 6 on other

10:00 Long Jump Boys

10:00 Long Jump Girls

FINALS BEGIN after Trials

TRIPLE JUMP 20 min after LJ finals

2 runways used, Flights 1 -3 on one, 4 - 6 on other

3:00 Triple Jump Boys

3:00 Triple Jump Girls

FINALS BEGIN after Trials

SHOT & DISCUS

2 sectors for each,

sector 1 Flights 1 -3, sector 2 4 - 6

Sectors open for Warm Up at 9:30 am

10:00 Shot BOYS Followed by GIRLS

10:00 Discus GIRLS Followed by BOYS

HIGH JUMP

Starting Heights for High Jump:

Boys 5'2" Girls 4'0"

10:30 High Jump BOYS Followed by GIRLS

Marks can be made at 10 am

******* POLE VAULT will make 6" increments for the first 4 heights and 4" after that until 5 Jumpers are left.**

******* HIGH JUMP Will make 2" increments for the first 3 heights and then will be 1"**