**East Metro Athletic Conference Championships**

**DAY 1**

**FIELD EVENTS start at 9:30am**

Girls Pole Vault Prelim & Final

Boys High Jump Prelim & Final

Girls Long Jump Prelim & Final

Boys Triple Jump Prelim & Final

Girls Shot Prelim & Final

Boys Discus Prelim & Final

**DAY 1**

**RUNNING EVENTS start at 10:00am**

10:00-10:30 4x800 Relay Final

10:30-10:45 100m Hurdles Prelims

10:45-11:00 110m Hurdles Prelims

11:00-11:20 100m Dash Prelims

11:20-11:45 400m Dash Prelims

11:45-12:30 *45min break*

12:30-1:10 3200m Run final

1:10-1:35 300m Hurdle Prelims

1:35-2:00 200m Dash Prelims

**DAY 2**

**FIELD EVENTS start at 9:30am**

Boys Pole Vault Prelim & Final

Girls High Jump Prelim & Final

Boys Long Jump Prelim & Final

Girls Triple Jump Prelim & Final

Boys Shot Prelim & Final

Girls Discus Prelim & Final

**DAY 2**

**RUNNING EVENTS start at 10:00am**

10:00-10:15 Sprint Med Relay G (2)

10:15-10:25 100m Hurdles Final (1)

10:25-10:35 110m Hurdles Final (1)

10:35-10:40 100m Dash Final G (1)

10:40-10:45 100m Dash Final B (1)

10:45-10:55 4x200m Relay Girls (2)

10:55-11:05 4x200m Relay Boys (2)

11:05-11:25 1600m Girls (2)

11:25-11:40 1600m Boys (2)

11:40-11:50 4x100m Relay Girls (2)

11:50-12:00 4x100m Relay Boys (2)

12:00-12:05 400m Dash Girls Finals

12:05-12:10 400m Dash Boys Finals

12:10-12:20 300m Hurdle Girls Final

12:20-12:30 300m Hurdle Boys Fina

*12:30-1:00 30 min break*

1:00-1:10 800m Run Girls (2)

1:10-1:20 800m Run Boys (2)

1:20-1:25 200m Dash Girls Finals

1:25-1:30 200m Dash Boys Finals

1:30-1:45 4x400m Relay Girls (2)

1:45-2:00 4x400m Relay Boys (2)