

WE WILL MOVE AHEAD OF THIS SO WE WILL BE DOING A ROLLING SCHEDULE....

9:40am Coaches Meeting (Pole Vault Check, Shot and Disc Implement Weigh In).

10:00 3200m Girls (Slow section 30-32 maximum athletes)

10:15 3200m Girls (Top 18-20 entered)

10:30 3200m Boys(Slow section 30-32 maximum athletes)

10:45 3200m Boys (Top 18-20 entered)

11:00 Girls 800 M Medley (Finals Heats v Time)

11:15 Girls 4 x 800 M Relay (Finals 1 Heats)

11:30 Boys 4 x 800 M Relay (Finals 1 Heats)

11:45 Girls 100 M High Hurdles (Finals-Heats v Time)

12:05 Boys 110 M High Hurdles (Finals-Heats v Time)

12:25 Girls 100 M Dash (Finals-Heats v Time)

12:50 Boys 100 M Dash (Finals-Heats v Time)

1:15 Girls 4 x 200 M Relay (Finals-Heats v Time)

1:30 Boys 4 x 200 M Relay (Finals-Heats v Time)

1:45 Girls 1600 M Run (Finals-Heats v Time)

2:15 Boys 1600 M Run (Finals-Heats v Time)

2:50 Girls 4 x 100 M Relay (Finals-Heats v Time)

3:00 Boys 4 x 100 M Relay (Finals-Heats v Time)

3:10 Girls 400 M Run (Finals-Heats v Time)

3:30 Boys 400 M Run (Finals-Heats v Time)

4:00 Girls 300 M LH (Finals-Heats v Time)

4:20 Boys 300 M HH (Finals-Heats v Time)

4:40 Girls 800 M Run (Finals-Heats v Time)

5:00 Boys 800 M Run (Finals-Heats v Time)

5:30 Girls 200 M Dash (Finals-Heats v Time)

6:00 Boys 200 M Dash (Finals-Heats v Time)

6:30 Girls 4 x 400 M Relay (Finals-Heats v Time)

6:45 Boys 4 x 400 M Relay (Finals-Heats v Time)

10:00 AM Field:

Girls Pole Vault, Girls Triple Jump, Girls High Jump (South Pit),

Boys Long Jump, Girls Shot Put, Boys Discus. Boys High Jump (North Pit)

2:00pm PM Field

Boys Pole Vault, Boys Triple Jump, Girls Long Jump, Boys Shot Put, Girls Discus,