**EMAC CHAMPIONSHIPS DAY 1**

**Thursday, May 4 Starting at 3:00 (2:30 Coaches Meeting)**

                4x800 Relay Final girls then boys

                100m Hurdles Prelims

                110m Hurdles Prelims

                100m Dash Prelims Girls then Boys

                400m Dash Prelims Girls then Boys

*45min break before 3200 meter run*

3200m Run final Girls then Boys

                300m Hurdles Prelims Girls then Boys

                200m Dash Prelims Girls then Boys

**Thursday FIELD EVENTS**

                Girls Pole Vault Prelim & Final

                Boys High Jump Prelim & Final

                Boys Long Jump Prelim & Final

                Girls Triple Jump Prelim & Final

                Girls Discus Prelim & Final

                Boys Shot Prelim & Final

**EMAC CHAMPIONSHIPS DAY 2**

**Saturday, May 6 9:00 AM start – 8:30 Coaches Meeting**

Sprint Medley Relay (1-1-2-4) Girls only

100m Hurdles Final 1 Heat

110m Hurdles Final 1 Heat

100m Dash Final Girls 1 Heat

100m Dash Final Boys 1 Heat

4x200m Relay Girls 2 Heats

4x200m Relay Boys 2 Heats

1600m  Girls 2 Heats Max

1600m Boys 2 Heats Max

4x100m Relay Girls 2 Heats

4x100m Relay Boys 2 Heats

400m Dash Girls Finals 1 Heat

400m Dash Boys Finals 1 Heat

300m Hurdles Girls Finals 1 Heat

300m Hurdles Boys Finals 1 Heat

***30 min break – recognition of senior athletes from each EMAC School (fill out form)***

800m Run Girls Finals 2 Heats

800m Run Boys Finals 2 Heats

200m Dash Girls Finals 2 Heats

200m Dash Boys Finals 2 Heats

4x400m Relay Girls Finals

4x400m Relay Boys Finals

**Saturday FIELD EVENTS**

                Boys Pole Vault Prelim & Final

                Girls High Jump Prelim & Final

                Girls Long Jump Prelim & Final

                Boys Triple Jump Prelim & Final

                Boys Discus Prelim & Final

                Girls Shot Prelim & Final