

Please note the timed sessions for the field events. The hour timeframe includes run throughs and practice throws. No kids should be in simultaneous sessions. Athletes **MUST** warm up before their session times so we can stick to the schedule. *As directed by the district, no other athletes will be allowed in the field event areas during these times. Kids from opposing teams will have to help each other get their marks if necessary.*

2 mile race: The fast heat of the BOYS ONLY at 8:00am. All girls 3200m runners will run in the regular time slot after the 200m, followed by the boys slow heat.

Team camps will be on the grass areas opposite the stands. No athletes or team camps are to be in the stands. We will have access to water to fill jugs. Please review other safety protocols included in the meet information with your kids before tomorrow.

There are a limited amount of tickets left, which can be purchased at the link below. **No spectators will be allowed in the stadium without a pre-purchased ticket.** The price is \$6 for all spectators, regardless of age:

<https://events.ticketspicket.com/agency/486a6f00-8724-4985-ab11-14b8cb771949/events/e4ce8f58-1f97-49ee-a10d-f06d434f3fcc>

See Next Page for Schedule of Events & Detailed Time Frame for Field Events

ORDER OF EVENTS

Coaches Meeting 7:30 am – Start/Finish line
8:00 a.m., Rolling Schedule
3200m Run (Boys Fast Heat)
Girls Sprint Medley Relay
4x800m Relay
100m Hurdles
110m Hurdles
100m Dash
4x200m Relay
1600m Run
4x100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash
3200m Run (All Girls, Followed by Boys Slow Heat)
4x400m Relay

Field Event Schedule

All field events will be four attempts, no finals.

Girls:

Discus- (Flight 1: 8-9am) (Flight 2: 9:15-10:15am)
Triple Jump- (Flight 1: 8-9:15am)
Pole Vault- (9-10am)
Shot Put- (Flight 1: 12-1pm) (Flight 2: 1:15-2:15pm)
Long Jump- (Flight 1: 12-1pm) (Flight 2: 1:15-2:15pm)
High Jump- (11am-1pm)

Boys:

Shot Put- (Flight 1: 8-9am) (Flight 2: 9:15-10:15am) (Flight 3: 10:30-11:30am)
Long Jump- (Flight 1: 8-9am) (Flight 2: 9:15-10:15am) (Flight 3: 10:30-11:30am)
High Jump- (8-10am)
Discus- (Flight 1: 10:45-11:45am) (Flight 2: 12-1pm) (Flight 3: 1:15-2:15pm)
Triple Jump- (Flight 1: 10:45-11:45am) (Flight 2: 12-1pm) (Flight 3: 1:15-2:15pm)
Pole Vault- (10:30-11:30)