

THIS IS THE OLD SCHEDULE

USE THIS TO **ESTIMATE** WHAT TIME YOU SHOULD BE THERE

THE ONLY "FOR SURES" ARE HIGHLIGHTED PINK!

7:00am Pole Vault Check/ Shot Discus Implement Weigh In

7:20am COACH'S MTG

7:40am 3200m Girls (1 Heat)

8:00am 3200m Boys (Fast heat First !!!)

8:00 AM Field:

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

Boys Long Jump, Girls Shot Put, Boys Discus.

8:15am 3200m Boys (Slow section 29-32 maximum athletes)

8:30am Girls 800 M Medley (Finals Heats v Time)

8:40am Girls 4 x 800 M Relay (Finals 1 Heats)

8:55am Boys 4 x 800 M Relay (Finals 1 Heats)

9:10am Girls 100 M High Hurdles (Finals-Heats v Time)

9:30am Boys 110 M High Hurdles (Finals-Heats v Time)

9:50am Girls 100 M Dash (Finals-Heats v Time)

10:15am Boys 100 M Dash (Finals-Heats v Time)

10:40am Girls 4 x 200 M Relay (Finals-Heats v Time)

10:50am Boys 4 x 200 M Relay (Finals-Heats v Time)

11:05am Girls 1600 M Run (Finals-Heats v Time)

11:35am Boys 1600 M Run (Finals-Heats v Time)

12:10pm Girls 4 x 100 M Relay (Finals-Heats v Time)

12:20pm Boys 4 x 100 M Relay (Finals-Heats v Time)

12:30pm Girls 400 M Run (Finals-Heats v Time)

12:50pm Boys 400 M Run (Finals-Heats v Time)

1:20pm Girls 300 M LH (Finals-Heats v Time)

1:40pm Boys 300 M HH (Finals-Heats v Time)

2:00pm Girls 800 M Run (Finals-Heats v Time)

2:20pm Boys 800 M Run (Finals-Heats v Time)

2:50pm Girls 200 M Dash (Finals-Heats v Time)

3:10pm Boys 200 M Dash (Finals-Heats v Time)

3:40pm Girls JV EAGLE 1600m

3:50pm Boys JV EAGLE 1600m

4:20pm Girls 4 x 400 M Relay (Finals-Heats v Time)

4:30pm Boys 4 x 400 M Relay (Finals-Heats v Time)

12:00 PM Field

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

Girls Discus, Boys High Jump (North Pit)