Running Events:

11:30 Coaches' Meeting Max #
12:00 Girls 3200 Relay 2 heats
12:20 Boys 3200 Relay 2 heats
12:45 Girls 4x200 Meter Relay 6 heats
1:05 Boys 4x200 Meter Relay 6 heats
1:20 Girls 100 Meter Hurdles 11 heats
1:40 Boys 110 Meter Hurdles 11 heats
2:00 Girls 100 Meter Dash 11 heats
2:20 Boys 100 Meter Dash 11 heats
2:40 Paralympic Mixed 100 1 heat
2:45 Girls 400 Meter Dash 11 heats
3:05 Boys 400 Meter Dash 11 heats
3:25 Girls 800 Meter Run 6 heats
3:50 Boys 800 Meter Run 6 heats
4:15 Girls 300 Meter Hurdles 11 heats
4:35 Boys 300 Meter Hurdles 11 heats
4:55 Girls 800 Medley Relay 6 heats
5:10 Special Event: Men's 400
5:15 National Anthem - Erie Choir
5:20 Boots on the Ground Presentation
5:30 Boys 4x100 Meter Relay 6 heats
5:50 Girls 4x100 Meter Relay 6 heats
6:10 Special Event: Women's 100
6:15 Special Event: Men's 100
6:20 Girls 3200 Meter Run 1 heat
6:40 Boys 3200 Meter Run 1 heat
7:00 Special Event: ATB Elite PV
7:10 Flatirons Running Elite Women's Mile
7:20 Flatirons Running Elite Men's Mile
7:30 Girls 200 Meter Dash 11 heats
7:50 Boys 200 Meter Dash 11 heats
8:15 Special Event: Women's 200
8:20 Special Event: Men's 200
8:25 Girls 1600 Meter Run 4 heats
8:55 Boys 1600 Meter Run 4 heats
9:25 Girls 4x400 Meter Relay 6 heats
9:40 Boys 4x400 Meter Relay 6 heats

Field Events:

11:15 PV Check & Weigh In All Vaulters
11:15 Shot/Discus Weigh In All Throwers

LJ, TJ, SP, Discus: 3 attempts, then top 9 to finals
12:15 Girls High Jump Max 40
min 4'6" 4'6", 4'8.5", 4'10.5", 5'.5" then 1"

12:15 Girls Long Jump Max 40
min 14' measuring over 14' 6"
12:15 Girls Shot Put Max 50
min 28' measuring over 30'
12:15 Boys Triple Jump Max 40
min 37' measuring over 38'
12:15 Boys Discus Max 40
min 110' measuring over 120'

12:15 Boys Pole Vault Max 50
Flight 1 Progressions TBD
Flight 2 Progressions TBD
3:00 Girls Pole Vault Max 50
Flight 1 Progressions TBD
Flight 2 Progressions TBD

3:00 Boys High Jump Max 40
min 5'6" 5'6", 5'8", 5'9.5", then 1"
3:00 Boys Shot Put Max 50
min 37' measuring over 39'

3:30 Girls Discus Max 40
min 85' measuring over 95'
3:30 Boys Long Jump Max 40
min 18'4" measuring over 19'
3:30 Girls Triple Jump Max 40
min 29' measuring over 30'