**High School and Middle School will compete together based on seed times, and then awards will be given based on separate groups.**

**Running Events:**

4:30 Girls 4 x 800 Meter Relay

4:45 Boys 4 x 800 Meter Relay

5:00 Girls 60 Meter Hurdles

5:20 Boys 60 Meter Hurdles

5:40 Girls 3000

5:55 Boys 3000

6:15 Girls 4 x 200 Meter Relay

6:30 Boys 4 x 200 Meter Relay

6:45 Girls Mile

7:05 Boys Mile

7:35 Girls 60 Meter Dash

7:55 Boys 60 Meter Dash

8:10 Girls 400 Meter Dash

8:25 Boys 400 Meter Dash

8:40 Girls 800 Meter Run

8:55 Boys 800 Meter Run

9:10 Coaches’ 800

9:15 Girls 200 Meter Dash

9:40 Boys 200 Meter Dash

10:05 Girls 4 x 400

10:20 Boys 4 x 400

**Field Events:**

4:30 Boys High Jump

4:30 Boys Long Jump

 4 jumps, no finals

4:30 Girls Long Jump

 4 jumps, no finals

4:30 Girls Pole Vault

4:30 Girls Shot Put

we will decide on format when we see the # of entries (either 4 throws, no finals, or 3 trials and top 9 to finals)

6:00 Girls High Jump

6:00 Boys Pole Vault

6:30 Boys Shot Put

we will decide on format when we see the # of entries (either 4 throws, no finals, or 3 prelims and top 9 to finals)

6:30 Boys Triple Jump

 4 jumps, no finals

6:30 Girls Triple Jump

 4 jumps, no finals