TIME SCHEDULE

9:00 COACHES MEETING

TRACK EVENTS

10:30
3200M RELAY GIRLS (1 HEAT)
3200M RELAY BOYS (1 HEAT)
100M HURDLES GIRLS (4 HEATS)
110M HURDLES BOYS (4 HEATS)
100M DASH GIRLS (4 HEATS)
100M DASH BOYS (4 HEATS)
800M RELAY GIRLS (1 HEAT)
800M RELAY BOYS (1 HEAT)
1600M RUN GIRLS (1 HEAT)
1600M RUN BOYS (1 HEAT)
400M RELAY GIRLS (1 HEAT)
400M RELAY BOYS (1 HEAT)
400M DASH GIRLS (4 HEATS)
400M DASH BOYS (4 HEATS)
300M HURDLES GIRLS (4 HEATS)
300M HURDLES BOYS (4 HEATS)
800M RUN GIRLS (2 HEATS)
800M RUN BOYS (2 HEATS)
200M DASH GIRLS (4 HEATS)
200M DASH BOYS (4 HEATS)
3200M RUN GIRLS (1 HEAT)
3200M RUN BOYS (1 HEAT)
OFFICIALS BREAK (optional) – we could possibly go with a rolling schedule
1600M RELAY GIRLS (1 HEAT)
1600M RELAY BOYS (1 HEAT)

HEATS WILL BE RUN BY SEED MARKS (SLOW TO FAST)
NUMBER OF HEATS AND FLIGHTS IS SUBJECT TO CHANGE
ALL HEATS RUN AS A FINAL, LANE PREFERENCE (4-5-6-3-2-7-8-1)
STARTING HEIGHTS WILL BE BASED ON ENTRIES. (We have time to start low)

FIELD EVENTS

10:00
GIRLS SHOT PUT (2-3 FLIGHTS)
BOYS DISCUS (2-3 FLIGHTS)
BOYS LONG JUMP (2-3 FLIGHTS)
GIRLS LONG JUMP (2-3 FLIGHTS)
BOYS POLE VAULT
GIRLS HIGH JUMP

12:00
BOYS SHOT PUT (2-3 FLIGHTS)
GIRLS DISCUS (2-3 FLIGHTS)
GIRLS TRIPLE JUMP (2-3 FLIGHTS)
BOYS TRIPLE JUMP (2-3 FLIGHTS)
GIRLS POLE VAULT
BOYS HIGH JUMP

FLIGHTS WILL BE RUN BY SEED MARKS (WORST TO BEST)
3 PRELIMINARY ATTEMPTS WITH FINALS FOLLOWING THE SECOND FLIGHT, TOP 9 TO FINALS