

**Running Events**  
**All Running Events are Finals**  
**Girls first then Boys**  
**10:30 a.m.**

300m Hurdles  
3200m Run  
400m Relay  
800m Run  
100/110m Hurdles

**-BREAK-**

100m Dash  
400m Run  
1600m Run  
200m Dash  
1600m Relay

**All Field Events are Finals**  
**4 jumps – 4 throws**

9:30 a.m.      Long Jump (Boys)  
                    Pole Vault (Boys)  
                    Javelin (Boys)  
                    Discus (Girls)

11:00 a.m.     Long Jump (Girls)  
                    Shot Put (Boys)  
                    Javelin (Girls)

11:30 a.m.     High Jump (Girls)

12:30 p.m.     Triple Jump (Boys)  
                    Pole Vault (Girls)

1:30 p.m.      Shot put (Girls)  
                    Discus (Boys)  
                    High Jump (Boys)  
                    Triple Jump (Girls)

**\*Start times may be adjusted when the schedule allows.**

- 1. Running events are all timed finals**
- 2. Field events 4 throws or 4 jumps**