**SCHEDULE OF EVENTS:**

2:15 – Coaches Meeting

2:30 – Long Jump/Javelin – If coaches and athletes are ready to start a few minutes early – we will – let parents know

3:00 PM – Field Events

|  |  |
| --- | --- |
| Boy’s Discus – West  | Girl’s Discus - East |
| Boy’s Shot – South | Girl’s Shot - North |
| Boy’s High Jump followed by | Girl’s High Jump |
| Boy’s Long Jump – North Pit (2:30 start) | Girl’s Long Jump – South Pit (2:30 start) |
| Boy’s Triple Jump – North Pit *(after Boys Long Jump is completed)* | Girl’s Triple Jump – South Pit *(after Girls Long Jump is completed)* |
| Boy’s Javelin – East (2:30 start) | Girl’s Javelin – West (2:30 start) |
| Girl’s Pole Vault |  |
| Boy’s Pole Vault |  |

**The Pole Vault and High Jump will use the “Five Alive” Format**

**4:45 Running Events Start**

|  |  |
| --- | --- |
| Girls  | Boys |
| 4 x 800 | 4 x 800 |
| 100 High Hurdles | 110 High Hurdles |
| 100 m | 100 m |
| 1600 m | 1600 m |
| 4 x 100 | 4 x100 |
| 400 m | 400 m |
| 300 m hurdles | 300 m hurdles |
| 800 m Run | 800 m Run |
| 200 m  | 200 m  |
| 3200 m *(may combine if numbers allow)* | 3200 m |
| 4 x 400 Relay | 4 x 400 Relay |
|  |  |