

Coaches Meeting 9:15am New Gym

Field Events- 9:30am (Order Of Events)

Shot Put- Boys, Girls

Discus- Girls, Boys

Long Jump- Boys, Girls

High Jump- Girls, Boys

Pole Vault- Girls, Boys

Running Events:

9:45am 3200m Run- Girls, Boys

10:45am 400 Relay- Girls, Boys

3200 Relay- Girls, Boys

100 Hurdles- 33" Girls 110 Hurdles - Boys 39"

100m dash- Girls, Boys

400m Dash - Girls, Boys

30-45 Minute Lunch Break

800 Relay - Girls, Boys

800m Run - Girls, Boys

300 Hurdles - Girls, Boys

200m Dash - Girls, Boys

1600m Run - Girls, Boys

1600 Relay - Girls, Boys