



**ALL RUNNING EVENTS ARE TIMED FINALS**

**FRIDAY, JUNE 24<sup>th</sup>**

**7:00AM**

**3000 Meter Run (11G/B, 12G/B)**  
**4 x 100 Meter Relay (8UG/B, 10G/B, 12G/B)**  
**80 Meter Hurdles (8-30") (11G/B, 12G/B)**  
**800 Meter Run (8UG/B, 9G/B, 10G/B, 11G/B, 12G/B)**  
**100 Meter Dash (8UG/B, 9G/B, 10G/B, 11G/B, 12G/B)**  
**400 Meter Dash (8UG/B, 9G/B, 10G/B, 11G/B, 12G/B)**  
**4 x 800 Meter Relay (11-12G/B)**  
**200 Meter Dash (8UG/B, 9G/B, 10G/B, 11G/B, 12G/B)**  
**1500 Meter Run (8UG/B, 9G/B, 10G/B, 11G/B, 12G/B)**  
**4 x 400 Meter Relay (9-10G/B, 11-12G/B)**

**SATURDAY, JUNE 25<sup>th</sup>**

**7:00AM**

**3000 Meter Run (13G/B, 14G/B, 15-16G/B, 17-18W/M)**  
**4 x 100 Meter Relay (13-14G/B, 15-16G/B, 17-18W/M)**  
**110 Meter Hurdles (10-39") (15-16B, 18-18M)**  
**100 Meter Hurdles (10-33") (13B, 14B, 15-16G, 17-18W)**  
**100 Meter Hurdles (10-30") (13G, 14G)**  
**800 Meter Run (13G/B, 14G/B, 15-16G/B, 17-18W/M)**  
**100 Meter Dash (13G/B, 14G/B, 15-16G/B, 17-18W/M)**  
**400 Meter Dash (13G/B, 14G/B, 15-16G/B, 17-18W/M)**  
**4 x 800 Meter Relay (13-14G/B, 15-16G/B, 17-18W/M)**  
**400 Meter Hurdles (10-36") (15-16B, 17-18M)**  
**400 Meter Hurdles (10-30") (15-16G, 17-18W)**  
**200 Meter Hurdles (8-30") (13G/B, 14G/B)**  
**200 Meter Dash (13G/B, 14G/B, 15-16G/B, 17-18W/M)**  
**1500 Meter Run (13G/B, 14G/B, 15-16G/B, 17-18W/M)**  
**4 x 400 Meter Relay (13-14G/B, 15-16G/B, 17-18W/M)**



## FIELD EVENTS

FRIDAY JUNE 24<sup>th</sup>

<b>SHOT PUT</b>	<b>RING 1</b>	8:00 13G	<b>RING 2</b>	8:00 13B		
		9:30 15-16G		9:30 15-16B		
		11:00 14G		11:00 14B		
		1:30 17-18W		1:30 17-18M		
<b>DISCUS</b>	<b>RING 1</b>	8:00 17-18W	<b>RING 2</b>	8:00 17-18M		
		9:30 14G		9:30 14B		
		11:00 15-16G		11:00 15-16B		
		1:30 13G		1:30 13B		
<b>LONG JUMP</b>	<b>PIT 1</b>	8:00 13G	<b>PIT 2</b>	8:00 13B		
		9:30 15-16G		9:30 15-16B		
		11:00 14G		11:00 14B		
		12:30 17-18W		12:30 17-18M		
<b>TRIPLE JUMP</b>	<b>PIT 1</b>	2:00 13G	<b>PIT 2</b>	2:00 13B		
<b>Run as Rolling</b>		15-16G		15-16B		
<b>Schedule</b>		14G		14B		
		17-18W		17-18M		
<b>HIGH JUMP</b>	<b>PAD 1</b>	8:00 17-18W	<b>PAD 2</b>	8:00 17-18M		
		9:30 14G		9:30 14B		
		11:00 15-16G		11:00 15-16B		
		1:30 13G		1:30 13B		

*“Sports For All, Forever”*



## FIELD EVENTS

### SATURDAY JUNE 25<sup>th</sup>

<b>HIGH JUMP</b>	<b>PAD 1</b>	<b>8:00 10G</b>	<b>PAD 2</b>	<b>8:00 10B</b>		
		<b>9:30 9G</b>		<b>9:30 9B</b>		
		<b>11:00 12G</b>		<b>11:00 12B</b>		
		<b>1:30 11G</b>		<b>1:30 11B</b>		
<b>LONG JUMP</b>	<b>PIT 1</b>	<b>8:00 12G</b>	<b>PIT 2</b>	<b>8:00 12B</b>		
		<b>9:30 11G</b>		<b>9:30 11B</b>		
		<b>11:00 8UG</b>		<b>11:00 8UB</b>		
		<b>1:30 9G</b>		<b>1:30 9B</b>		
		<b>3:00 10G</b>		<b>3:00 10B</b>		
<b>DISCUS</b>	<b>RING 1</b>	<b>8:00 11G</b>		<b>8:00 11B</b>		
		<b>9:30 12G</b>		<b>9:30 12B</b>		
<b>SHOT PUT</b>	<b>RING 1</b>	<b>8:00 8UG</b>	<b>RING 2</b>	<b>8:00 8UB</b>		
		<b>9:30 9G</b>		<b>9:30 9B</b>		
		<b>11:00 10G</b>		<b>11:00 10B</b>		
		<b>1:30 11G</b>		<b>1:30 11B</b>		
		<b>3:00 12G</b>		<b>3:00 12B</b>		
<b>TURBO JAV</b>		<b>8:00 8UG</b>		<b>8:00 8UB</b>		
<b>Run as Rolling</b>		<b>9G</b>		<b>9B</b>		
<b>Schedule</b>		<b>10G</b>		<b>10B</b>		
		<b>11G</b>		<b>11B</b>		
		<b>12G</b>		<b>12B</b>		

*“Sports For All, Forever”*