

11:10	Coaches Meeting	11:45 First Call	
*All 400,800,1200&1600 use WATERFALL Start			
Clerk	Check-in		Backside Check-in
12:00	C girls	100 meters	12:00 C girls 100 yds
12:06	C boys	100 meters	12:15 C boys 100 yds
12:12	B girls	100 meters	
12:24	B boys	100 meters	
12:36	Var girls	100 meters	
12:48	Var boys	100 meters	
1:00	C girls	1200 meters	
1:08	C boys	1200 Meters	
1:16	B girls	1600 meters	
1:24	B boys	1600 meters	
1:32	Var girls	1600 meters	
1:40	Var boys	1600 meters	
1:48	C girls	4x100 relay	
2:00	C boys	4x100 relay	
2:12	B girls	4x100 relay	<u>Field Events</u>
2:24	B boys	4x100 relay	12:00 – 1:00
2:36	Var girls	4x100 relay	Varsity Boys Long Jump
2:48	Var boys	4x100 relay	B Girls Shot Put
3:00	ALL level Finals	100 meters	Varsity Girls Javelin
3:10	C girls	400 meters	1:00 – 2:00
3:20	C boys	400 meters	Varsity Girls Long Jump
3:30	B girls	400 meters	B Boys Shot Put
3:40	B boys	400 meters	Varsity Boys Javelin
3:50	Var girls	400 meters	2:00 – 3:00
4:00	Var boys	400 meters	B Boys Long Jump
4:10	C girls	800 meters	Varsity Girls Shot Put
4:18	C boys	800meters	B Girls Javelin
4:26	B girls	800 meters	3:00 - 4:00
4:34	B boys	800 meters	B Girls Long Jump
4:42	Var girls	800 meters	Varsity Boys Shot Put
4:50	Var boys	800 meters	B Boys Javelin
5:00	C girls	200 meters	4:00 – 5:00
5:10	C boys	200 meters	C Boys Long Jump
5:20	B girls	200 meters	C Girls Javelin
5:30	B boys	200 meters	5:00 – 6:00
5:40	Var girls	200 meters	C girls Long Jump
5:50	Var boys	200 meters	C boys Javelin
6:00	C girls	4x400 relay	
6:10	C boys	4x400 relay	
6:20	B girls	4x400 relay	
6:30	B boys	4x400 relay	
6:40	Var girls	4x400 relay	
6:50	Var boys	4x400 relay	
7:00	Awards		