



Evt#	Start	Event	# of Heats	Evt#	Start	Event	# of Heats
1	8:30 AM	Girls 1600 Meter Run RATED Frosh Soph	1	35	3:24 PM	Girls 200 Meter Dash Frosh Soph	6
2	8:38 AM	Boys 1600 Meter Run RATED Frosh Soph	1	36	3:33 PM	Boys 200 Meter Dash Frosh Soph	6
3	8:46 AM	Girls 1600 Meter Run RATED Varsity	1	37	3:42 PM	Girls 200 Meter Dash Varsity	6
4	8:54 AM	Boys 1600 Meter Run RATED Varsity	1	38	3:51 PM	Boys 200 Meter Dash Varsity	6
5	9:06 AM	Girls 100 Meter Hurdles Frosh Soph	6	39	4:03 PM	Girls 4x800 Meter Relay Varsity	1
6	9:15 AM	Girls 100 Meter Hurdles Varsity	6	40	4:15 PM	Boys 4x800 Meter Relay Varsity	1
7	9:24 AM	Boys 110 Meter Hurdles Frosh Soph	6	41	4:26 PM	Girls 3200 Meter Run Varsity	1
8	9:33 AM	Boys 110 Meter Hurdles Varsity	6	42	4:41 PM	Boys 3200 Meter Run Varsity	1
9	9:45 AM	Girls 1600 Meter Run SEEDED Frosh Soph	1	43	4:56 PM	Girls 4x400 Meter Relay Frosh Soph	2
10	9:52 AM	Boys 1600 Meter Run SEEDED Frosh Soph	1	44	5:06 PM	Boys 4x400 Meter Relay Frosh Soph	3
11	10:03 AM	Girls 4x100 Meter Relay Frosh Soph	3	45	5:21 PM	Girls 4x400 Meter Relay Varsity	2
12	10:12 AM	Boys 4x100 Meter Relay Frosh Soph	3	46	5:36 PM	Boys 4x400 Meter Relay Varsity	3
13	10:24 AM	Girls 4x100 Meter Relay Varsity	2	47	8:30 AM	Girls Long Jump Varsity	
14	10:30 AM	Boys 4x100 Meter Relay Varsity	3	48	8:30 AM	Boys Long Jump Varsity	
15	10:42 AM	Girls 1600 Meter Run SEEDED Varsity	1	49	8:30 AM	Girls Shot Put Varsity	
16	10:49 AM	Boys 1600 Meter Run SEEDED Varsity	1	50	8:30 AM	Boys Shot Put Varsity	
17	11:00 AM	Girls 400 Meter Dash Frosh Soph	6	51	8:30 AM	Girls Discus Throw Frosh Soph	
18	11:15 AM	Boys 400 Meter Dash Frosh Soph	6	52	8:30 AM	Boys Pole Vault Varsity	
19	11:30 AM	Girls 400 Meter Dash Varsity	6	53	8:30 AM	Boys Pole Vault Frosh Soph	
20	11:45 AM	Boys 400 Meter Dash Varsity	6	54	8:30 AM	Girls High Jump Frosh Soph	
21	12:05 PM	Girls 100 Meter Dash Frosh Soph	6	55	8:30 AM	Boys High Jump Frosh Soph	
22	12:14 PM	Boys 100 Meter Dash Frosh Soph	6	56	11:00 AM	Boys Shot Put Frosh Soph	
23	12:23 PM	Girls 100 Meter Dash Varsity	6	57	11:00 AM	Girls Shot Put Frosh Soph	
24	12:32 PM	Boys 100 Meter Dash Varsity	6	58	11:00 AM	Girls Discus Throw Varsity	
25	12:46 PM	Girls 800 Meter Run Frosh Soph	3	59	11:00 AM	Girls Triple Jump Varsity	
26	1:01 PM	Boys 800 Meter Run Frosh Soph	3	60	11:00 AM	Boys Triple Jump Varsity	
27	1:13 PM	Girls 800 Meter Run Varsity	3	61	12:00 PM	Girls High Jump Varsity	
28	1:28 PM	Boys 800 Meter Run Varsity	3	62	12:00 PM	Boys High Jump Varsity	
29	1:43 PM	Girls 300 Meter Hurdles Frosh Soph	6	63	1:00 PM	Boys Discus Throw Varsity	
30	2:01 PM	Girls 300 Meter Hurdles Varsity	6	64	1:00 PM	Girls Long Jump Frosh Soph (3 jumps)	
31	2:17 PM	Boys 300 Meter Hurdles Frosh Soph	6	65	1:00 PM	Boys Long Jump Frosh Soph (3 jumps)	
32	2:34 PM	Boys 300 Meter Hurdles Varsity	6	66	1:00 PM	Girls Pole Vault Varsity	
33	2:53 PM	Girls 3200 Meter Run Frosh Soph	1	67	1:00 PM	Girls Pole Vault Frosh Soph	
34	3:08 PM	Boys 3200 Meter Run Frosh Soph	1	68	3:00 PM	Boys Discus Throw Frosh Soph	
				69	3:00 PM	Girls Triple Jump Frosh Soph (3 jumps)	
				70	3:00 PM	Boys Triple Jump Frosh Soph (3 jumps)	

ALL FIELD AND RUNNING EVENTS WILL RUN AHEAD OF SCHEDULE WHENEVER POSSIBLE.