

FROSH/SOPH

| Time | Events | Heat |
|------|--------------------|--------------|
| 4:30 | Open 1600m | - |
| 4:40 | NOVICE 1600 | Girls |
| 4:50 | NOVICE 1600 | Boys |
| 5:00 | Girls 3200m | Heat #1 |
| 5:15 | Girls 4 x 100 | Heat #1 |
| 5:17 | Girls 4 x 100 | Heat #2 |
| 5:19 | Boys 4 x 100 | Heat #1 |
| 5:21 | Boys 4 x 100 | Heat #2 |
| 5:25 | Boys 3200m | Heat #1 |
| 5:40 | Boys 110hh | Heat #1 |
| 5:42 | Boys 110hh | Heat #2 |
| 5:44 | Boys 110hh | Heat #3 |
| 5:46 | Girls 100hh | Heat #1 |
| 5:48 | Girls 100hh | Heat #2 |
| 5:50 | Girls 100hh | Heat #3 |
| 5:52 | Girls 100hh | Heat #4 |
| 5:56 | Girls 400m | Heat #1 |
| 5:58 | Girls 400m | Heat #2 |
| 6:00 | Girls 400m | Heat #3 |
| 6:02 | Girls 400m | Heat #4 |
| 6:04 | Boys 400m | Heat #1 |
| 6:06 | Boys 400m | Heat #2 |
| 6:08 | Boys 400m | Heat #3 |
| 6:10 | Boys 400m | Heat #4 |

| | | |
|------|----------------|-----------------|
| 6:15 | Girls 100m | Home Side |
| 6:15 | Boys 100m | Visitor Side |
| 6:45 | Girls 800m | Heat #1 |
| 6:48 | Girls 800m | Heat #2 |
| 6:51 | Girls 800m | Heat #3 |
| 6:55 | Boys 800m | Heat #1 |
| 6:58 | Boys 800m | Heat #2 |
| 7:01 | Boys 800m | Heat #3 |
| 7:04 | Boys 800m | Heat #4 |
| 7:10 | Girls 300ih | Heat #1 |
| 7:13 | Girls 300ih | Heat #2 |
| 7:16 | Girls 300ih | Heat #3 |
| 7:19 | Girls 300ih | Heat #4 |
| 7:22 | Boys300ih | Heat #1 |
| 7:25 | Boys300ih | Heat #2 |
| 7:27 | Boys300ih | Heat #3 |
| 7:30 | Co-ed 4 x 200 | Heat #1 |
| 7:34 | Co-ed 4 x 200 | Heat #2 |
| 7:38 | Girls 1600m | Heat #1 |
| 7:45 | Girls 1600m | Heat #2 |
| 7:52 | Girls 1600m | Heat #3 |
| 7:59 | Boys 1600m | Heat #1 |
| 8:05 | Boys 1600m | Heat #2 |
| 8:11 | Boys 1600m | Heat #3 |
| 8:17 | Girls 4 x 400m | Waterfall Start |
| 8:23 | Boys 4 x 400m | Waterfall Start |

VARSITY

| Time | Events | Heat |
|------|--------------------|--------------|
| 5:30 | Open 1600m | - |
| 5:40 | NOVICE 1600 | Girls |
| 5:50 | NOVICE 1600 | Boys |
| 6:00 | Girls 3200m | Heat #1 |
| 6:15 | Girls 4 x 100 | Heat #1 |
| 6:17 | Girls 4 x 100 | Heat #2 |
| 6:19 | Boys 4 x 100 | Heat #1 |
| 6:21 | Boys 4 x 100 | Heat #2 |
| 6:25 | Boys 3200m | Heat #1 |
| 6:38 | Boys 110hh | Heat #1 |
| 6:40 | Boys 110hh | Heat #2 |
| 6:42 | Boys 110hh | Heat #3 |
| 6:45 | Girls 100hh | Heat #1 |
| 6:47 | Girls 100hh | Heat #2 |
| 6:49 | Girls 100hh | Heat #3 |
| 6:53 | Girls 400m | Heat #1 |
| 6:55 | Girls 400m | Heat #2 |
| 6:57 | Girls 400m | Heat #3 |
| 6:59 | Girls 400m | Heat #4 |
| 7:01 | Boys 400m | Heat #1 |
| 7:03 | Boys 400m | Heat #2 |
| 7:05 | Boys 400m | Heat #3 |
| 7:07 | Boys 400m | Heat #4 |

| | | |
|------|----------------|-----------------|
| 7:12 | Girls 100m | Visitor Side |
| 7:12 | Boys 100m | Home Side |
| 7:32 | Girls 800m | Heat #1 |
| 7:35 | Girls 800m | Heat #2 |
| 7:38 | Boys 800m | Heat #1 |
| 7:41 | Boys 800m | Heat #2 |
| 7:44 | Boys 800m | Heat #3 |
| 7:49 | Girls 300ih | Heat #1 |
| 7:52 | Girls 300ih | Heat #2 |
| 7:55 | Girls 300ih | Heat #3 |
| 7:58 | Girls 300ih | Heat #4 |
| 8:02 | Boys300ih | Heat #1 |
| 8:05 | Boys300ih | Heat #2 |
| 8:08 | Boys300ih | Heat #3 |
| 8:11 | Boys300ih | Heat #4 |
| 8:20 | Co-ed 4 x 200 | Heat #1 |
| 8:25 | Co-ed 4 x 200 | Heat #2 |
| 8:27 | Girls 1600m | Heat #1 |
| 8:34 | Girls 1600m | Heat #2 |
| 8:41 | Girls 1600m | Heat #3 |
| 8:48 | Boys 1600m | Heat #1 |
| 8:54 | Boys 1600m | Heat #2 |
| 9:01 | Boys 1600m | Heat #3 |
| 9:08 | Girls 4 x 400m | Waterfall Start |
| 9:05 | Boys 4 x 400m | Waterfall Start |