

Approximate Times

	heat #	<u>Long Jump</u>
2:45 PM Boys FS 4x100m	1	3:00 - 4:30 all levels
2:50 PM Girls FS & Varsity 4x100m	1	
2:55 PM Boys Varsity 4x100m	1	<u>Triple Jump</u>
2:58 PM Boys FS 1600m	1	4:30 - 5:30 all levels
3:06 PM Girls FS & Varsity 1600m	1	
3:16 PM Boys Varsity 1600m	1	
3:26 PM Boys FS 110m Hurdles	1	<u>Shot Put</u>
3:29 PM Boys Varsity 110m Hurdles	1	3:00 PM Boys Varsity
3:36 PM Girls FS 100m Hurdles	1	Boys FS
3:39 PM Girls Varsity 100m Hurdles	1	Girls Varsity
3:43 PM Boys FS 400m	2	Girls FS
3:49 PM Girls FS 400m	1	
3:52 PM Girls Varsity 400m	1	<u>Discus</u>
3:55 PM Boys Varsity 400m	3	3:00 PM Girls Varsity
4:06 PM Boys FS 100m	4	Girls FS
4:18 PM Girls FS 100m	2	Boys Varsity
4:24 PM Girls Varsity 100m	2	Boys FS
4:30 PM Boys Varsity 100m	3	
4:41 PM Boys FS 800m	2	
4:49 PM Girls FS 800m	1	<u>High Jump</u>
4:54 PM Girls Varsity 800m	1	3:00 PM Girls - opening height 3'5"
4:58 PM Boys Varsity 800m	1	Boys - opening height 4'5"
5:08 PM Girls FS 300m Hurdles	1	
5:11 PM Girls Varsity 300m Hurdles	1	<i>increase increments of 3"</i>
5:18 PM Boys FS 300m Hurdles	1	
5:21 PM Boys Varsity 300m Hurdles	2	
5:29 PM Boys FS 200m	3	<u>Pole Vault</u>
5:38 PM Girls FS 200m	1	2:30 PM All levels
5:41 PM Girls Varsity 200m	3	first - opening height at 9'10"
5:50 PM Boys Varsity 200m	2	second - opening height at 5'10"
5:58 PM Boys & Girls <u>2-person relay</u> **	1	
6:13 PM Girls & Boys FS & Varsity 4x400m	1	<i>increase increments of 8"</i>

Be aware of any changes from the field judges

** 2-person relay...each person runs 4x400m...alternating 400m w/teammate...

...team completes 2-miles. No baton...Honors system, when teammate finish, you start.

Runners start in lanes #1-4...runners finish in lanes #5-8.

After you finish 400m, quickly get back to lanes #1-4 and look for your teammate to finish.

No check-in.