

F/S RUNNING SCHEDULE

<u>Time</u>	<u>Event</u>	<u># of heats</u>
4:30	OPEN 1600M	1
4:45	Girls 1600m	2
5:00	Boys 1600m	2
5:10	Girls 4 x 100m Relay	3
5:20	Boys 4 x 100m Relay	3
5:30	Girls 1600m	1
5:38	Boys 1600m	1
5:40	boys 110 Hurdles	4
5:55	Girls 100 Hurdles	4
6:12	Girls 400m	3
6:22	Boys 400m	3
6:35	Girls 100m	7
6:58	Boys 100m	7
7:15	Girls 800m	3
7:30	Boys 800m	3
7:45	Girls 300 Hurdles	3
8:00	Boys 300 hurdles	3
8:12	Coed 4 x 200m relay	2
8:22	Girls 3200m	1
8:40	Boys 3200m	1
8:55	Girls 4 x400m Relay	2
9:05	Boys 4 x 400m Relay	2

F/S FIELD EVENTS

4:30	Girls Pole Vault (6')
5:00	Girls Discus
5:00	Boys Shot Put
5:00	B/G Long Jump (open pit 2 hours)
5:30	B/G High Jump B-4'6" G 3'8"
7:00	Girls Shot Put
7:00	Boys Discus
7:00	B/G Triple Jump (open pit 1 1/2 hours)
7:00	Boys Pole Vault (8')

VARSITY RUNNING SCHEDULE

<u>Time</u>	<u>Event</u>	<u># of heats</u>
5:30	OPEN 1600M	1
5:45	Girls 1600m	2
5:57	Boys 1600m	2
6:10	Girls 4 x 100m Relay	2
6:18	Boys 4 x 100m Relay	3
6:26	Girls 1600m -	1
6:34	Boys 1600m	1
6:42	boys 110 Hurdles	4
6:58	Girls 100 Hurdles	4
7:15	Girls 400m	3
7:27	Boys 400m	4
7:39	Girls 100m	6
7:58	Boys 100m	6
8:16	Girls 800m	3
8:30	Boys 800m	3
8:44	Girls 300 Hurdles	3
9:00	Boys 300 hurdles	3
9:12	Coed 4 x 200m relay	2
9:22	Girls 3200m	1
9:37	Boys 3200m	1
9:49	Girls 4 x400m Relay	2
10:00	Boys 4 x 400m Relay	2

VARISTY FIELD EVENTS

5:30	Girls Pole Vault (7')
6:00	Girls Discus
6:00	Boys Shot Put
6:00	B/G Long Jump (open pit 2 hours)
6:30	B/G High Jump B-5' 4" G 4' 2"
8:00	Girls Shot Put
8:00	Boys Discus
8:00	B/G Triple Jump (open pit 1 1/2 hours)
8:00	Boys Pole Vault (9')