

## F/S running schedule

		# of heats
4:50	1600m boys heat 1-3	3
5:12	1600m girls heat 1-2	2
5:27	girls 4 x100m	2
5:32	boys 4 x100m	2
5:38	girls 1600m heat 3	1
5:45	Boys 1600m Heat 4	1
5:55	Boys 110HH	5
6:05	girls 100HH	5
6:20	girls 400m	4
6:30	boys 400m	4
6:40	girls 100m	7
6:55	boys 100m	7
7:10	girls 800m	3
7:25	boys 800m	3
7:45	girls 300lh	3
8:00	boys 300lh	3
8:15	girls 200m	3
8:27	boys 200m	3
8:40	girls 3200m	1
8:55	boys 3200m	1
9:10	girls 4 x 400m	2
9:20	Boys 4 x 400m	2

## Varsity running schedule

		# of heats
6:00	1600m girls heat 1-2	2
6:15	1600m boys heat 1-2	2
6:27	girls 4 x100m	2
6:33	boys 4 x100m	2
6:38	girls 1600m heat 3	1
6:45	Boys 1600m Heat 3	1
7:00	Boys 110HH	4
7:10	girls 100HH	4
7:25	girls 400m	3
7:35	boys 400m	3
7:45	girls 100m	5
7:55	boys 100m	6
8:07	girls 800m	3
8:17	boys 800m	3
8:30	girls 300lh	3
8:36	boys 300lh	3
8:50	girls 200m	3
9:00	boys 200m	3
9:12	girls 3200m	1
9:27	boys 3200m	1
9:40	girls 4 x 400m	2
9:50	Boys 4 x 400m	2

## F/S FIELD EVENTS

4:00	Girls Pole Vault (6')	6:00	Girls Shot Put
4:00	Girls Discus	6:00	Boys Discus
4:00	Boys Shot Put	6:00	Boys Pole Vault (8')
4:00	Boys High Jump (4' 8")	6:00	Girls Triple Jump (North Pit)
4:00	Girls High Jump (3' 8")		open pit 2 hours
4:00	Girls Long Jump	6:00	Boys Triple Jump (South Pit)
	open pit 2 hours		open pit 2 hours
4:00	Boys Long Jump		
	open pit 2 hours		

## VARSITY FIELD EVENTS

<b>5:30</b>	<b>Girls Pole Vault (7')</b>	7:30	Girls Shot Put
6:00	Girls Discus	7:30	Boys Discus
6:00	Boys Shot Put	7:00	Boys Pole Vault (9')
6:00	Boys High Jump (5' 4")	7:30	Girls Triple Jump (North Pit)
6:00	Girls High Jump (4' 2")		open pit 1 1/2 hours
6:00	Girls Long Jump	7:30	Boys Triple Jump (South Pit)
	open pit 1 1/2 hours		open pit 1 1/2 hours
6:00	Boys Long Jump		
	open pit 1 1/2 hours		