

FRIDAY TRACK EVENTS				
1:00 p.m.	Boys & Girls	200 Meter Hurdles	Final	13-14
1:10 p.m.	Girls	400 Meter Hurdles	Final	15-18
1:15 p.m.	Boys	400 Meter Hurdles	Final	15-18
1:25 p.m.	Boys & Girls	400 Meter Dash	Final	8 and Under
1:40 p.m.	Boys & Girls	400 Meter Dash	Final	9-10
1:55 p.m.	Boys & Girls	400 Meter Dash	Final	11-12
2:10 p.m.	Boys & Girls	400 Meter Dash	Final	13-14
2:25 p.m.	Boys & Girls	400 Meter Dash	Final	15-16
2:40 p.m.	Boys & Girls	400 Meter Dash	Final	17-18
3:00 p.m.	Boys	4 X 800 Meter Relay	Final	All
3:20 p.m.	Boys & Girls	3000 Meter Dash	Final	11-12
3:45 p.m.	Boys & Girls	3000 Meter Dash	Final	13-14
4:10 p.m.	Boys & Girls	3000 Meter Dash	Final	15-18
FRIDAY THROWING EVENTS				
9:00 a.m.	Boys	Hammer		17-18
11:00 a.m.	Boys	Hammer		15-16
1:30 p.m.	Girls	Hammer		17-18
3:30 p.m.	Girls	Hammer		15-16
3:30 p.m.	Boys	Discus		15-16
5:00 p.m.	Boys	Discus		17-18
9:30 a.m.	Girls	Mini Javelin		8 and Under
11:00 a.m.	Girls	Mini Javelin		9-10
12:30 p.m.	Boys	Mini Javelin		8 and Under
2:00 p.m.	Boys	Mini Javelin		9-10
10:00 a.m.	Girls	Shot Put		11-12
12:00 p.m.	Girls	Shot Put		13-14
2:00 p.m.	Boys	Shot Put		11-12
4:00 p.m.	Boys	Shot Put		13-14
FRIDAY JUMPING EVENTS				
10:00 a.m.	Girls	Pole Vault		All
	Boys	Pole Vault		All
11:00 p.m.	Girls	Triple Jump		13-14
	Boys	Triple Jump		13-14
12:30 p.m.	Girls	Triple Jump		15-16
	Boys	Triple Jump		17-18
2:30 p.m.	Girls	Triple Jump		17-18
	Boys	Triple Jump		15-16
12:30 p.m.	Girls & Boys	High Jump		9-10
<p>* If storms are in the area Friday we will go to a rolling time schedule, so please be prepared and listen to all announcements.</p>				

SATURDAY RUNNING EVENTS				
10:00 a.m.	Boys & Girls	800 Meter Dash	Final	8 and Under
10:10 a.m.	Boys & Girls	800 Meter Dash	Final	9-10
10:25 a.m.	Boys & Girls	800 Meter Dash	Final	11-12
10:40 a.m.	Boys & Girls	800 Meter Dash	Final	13-14
10:55 a.m.	Boys & Girls	800 Meter Dash	Final	15-16
11:05 a.m.	Boys & Girls	800 Meter Dash	Final	17-18
11:20 a.m.	Girls	100 Meter Hurdles	Trials	13-14
11:30 a.m.	Girls	100 Meter Hurdles	Trials	15-16
11:40 p.m.	Girls	100 Meter Hurdles	Trials	17-18
12:00 p.m.	Boys & Girls	100 Meter Dash	Trials	8 and Under
12:15 p.m.	Boys & Girls	100 Meter Dash	Trials	9-10
12:30 p.m.	Boys & Girls	100 Meter Dash	Trials	11-12
12:40 p.m.	Boys & Girls	100 Meter Dash	Trials	13-14
12:55 p.m.	Boys & Girls	100 Meter Dash	Trials	15-16
1:10 p.m.	Boys & Girls	100 Meter Dash	Trials	17-18
1:25 p.m.	Boys & Girls	2000 Meter Steeple	Final	13-14
	Girls	2000 Meter Steeple	Final	15-18
1:40 p.m.	Boys	2000 Meter Steeple	Final	15-18
1:55 p.m.	Boys	110 Meter Hurdles	Final	15-18
2:10 p.m.	Girls	100 Meter Hurdles	Final	15-18
2:20 p.m.	Boys	100 Meter Hurdles	Final	13-14
2:30 p.m.	Girls	100 Meter Hurdles	Final	13-14
2:40 p.m.	Boys & Girls	80 Meter Hurdles	Final	11-12
2:55 p.m.	Boys & Girls	100 Meter Dash	Final	8 and Under
3:00 p.m.	Boys & Girls	100 Meter Dash	Final	9-10
3:05 p.m.	Boys & Girls	100 Meter Dash	Final	11-12
3:10 p.m.	Boys & Girls	100 Meter Dash	Final	13-14
3:15 p.m.	Boys & Girls	100 Meter Dash	Final	15-16
3:20 p.m.	Boys & Girls	100 Meter Dash	Final	17-18
15 minute break				
3:40 p.m.	Girls	4 X 100 Meter Relay	Final	8 and Under
3:45 p.m.	Boys	4 X 100 Meter Relay	Final	7-10
3:50 p.m.	Girls	4 X 100 Meter Relay	Final	9-10
3:55 p.m.	Girls	4 X 100 Meter Relay	Final	11-12
4:05 p.m.	Boys	4 X 100 Meter Relay	Final	11-14
4:15 p.m.	Boys & Girls	4 X 100 Meter Relay	Final	15-18
SATURDAY THROWING EVENTS				
9:00 a.m.	Girls	Shot Put		15-16
11:00 a.m.	Boys	Shot Put		15-16
1:00 p.m.	Girls	Shot Put		17-18
3:00 p.m.	Boys	Shot Put		17-18
9:00 a.m.	Girls	Discus		17-18
11:00 a.m.	Girls	Discus		15-16
1:00 p.m.	Girls	Discus		13-14
	Boys	Discus		11-12

3:00 p.m	Girls	Discus		11-12
	Boys	Discus		13-14
SATURDAY JUMPING EVENTS				
9:00 a.m.	Girls	Long Jump		8 and Under
	Boys	Long Jump		8 and Under
1:30 p.m.	Girls	Long Jump		11-12
	Boys	Long Jump		11-12
3:00 p.m	Girls	Long Jump		13-14
	Boys	Long Jump		13-14
9:00 a.m.	Girls	High Jump		15-16
11:00 a.m.	Girls	High Jump		17-18
1:00 p.m.	Boys	High Jump		17-18
3:00 p.m	Boys	High Jump		15-16

SUNDAY RUNNING EVENTS				
9:00 a.m.	Boys & Girls	1500 Meter Dash	Final	8 and Under
9:10 a.m.	Boys & Girls	1500 Meter Dash	Final	9-10
9:35 a.m.	Boys & Girls	1500 Meter Dash	Final	11-12
9:50 a.m.	Boys & Girls	1500 Meter Dash	Final	13-14
10:05 a.m.	Girls	1500 Meter Dash	Final	15-16
10:15 a.m.	Boys	1500 Meter Dash	Final	15-18
10:20 a.m.	Girls	1500 Meter Dash	Final	17-18
10:35 a.m.	Boys & Girls	200 Meter Dash	Trials	8 and Under
10:50 a.m.	Boys & Girls	200 Meter Dash	Trials	9-10
11:05 a.m.	Boys & Girls	200 Meter Dash	Trials	11-12
11:20 a.m.	Boys & Girls	200 Meter Dash	Trials	13-14
11:35 a.m.	Boys & Girls	200 Meter Dash	Trials	15-16
11:50 a.m.	Boys & Girls	200 Meter Dash	Trials	17-18
12:05 p.m.	Boys & Girls	1500 Meter Race Walk	Final	9-12
12:20 p.m.	Boys & Girls	3000 Meter Race Walk	Final	13-18
1:10 p.m.	Boys & Girls	200 Meter Dash	Final	8 and Under
1:20 p.m.	Boys & Girls	200 Meter Dash	Final	9-10
1:30 p.m.	Boys & Girls	200 Meter Dash	Final	11-12
1:40 p.m.	Boys & Girls	200 Meter Dash	Final	13-14
1:55 p.m.	Boys & Girls	200 Meter Dash	Final	15-16
2:05 p.m.	Boys & Girls	200 Meter Dash	Final	17-18
15 minute break				
2:25 p.m.	Boys & Girls	4 X 400 Meter Relay	Final	9-10
	Boys	4 X 400 Meter Relay	Final	11-12
2:35 p.m.	Girls	4 X 400 Meter Relay	Final	11-12
2:45 p.m.	Boys & Girls	4 X 400 Meter Relay	Final	13-14
3:00 p.m.	Girls	4 X 400 Meter Relay	Final	15-18
3:05 p.m.	Boys	4 X 400 Meter Relay	Final	15-18
SUNDAY THROWING EVENTS				
9:00 a.m.	Girls	Javelin	S	13-14
	Boys	Javelin	N	13-14
10:30 a.m.	Girls	Aero Javelin	S	11-12
11:00 a.m.	Girls	Javelin	N	15-18
12:30 p.m.	Boys	Aero Javelin	S	11-12
	Boys	Javelin	N	15-16
2:30 p.m.	Boys	Javelin	N	17-18
9:00 a.m.	Girls	Shot Put		8 and Under
10:30 a.m.	Boys	Shot Put		8 and Under
12:00 p.m.	Girls	Shot Put		9-10
1:30 p.m.	Boys	Shot Put		9-10
SUNDAY JUMPING EVENTS				
9:00 a.m.	Girls	Long Jump		9-10
	Boys	Long Jump		9-10
11:30 a.m.	Girls	Long Jump		15-16
	Girls	Long Jump		17-18

2:00 p.m	Boys	Long Jump		15-16
	Boys	Long Jump		17-18
9:00 a.m.	Girls	High Jump		13-14
10:45 a.m.	Boys	High Jump		13-14
12:30 p.m.	Girls	High Jump		11-12
2:30 p.m.	Boys	High Jump		11-12