

updated July 12 at 10:05pm

Thursday, July 12th			
Multi Events			
<i>Times are estimated, 30 minute rest between events.</i>			
	Decathlon 15-18 (will compete together)		
12:00 p.m.	100m		
12:45 p.m.	Long Jump		
1:35 p.m.	Shot		
2:25 p.m.	HJ		
3:55 p.m.	400m		
	Heptathlon 15-16 and 17-18		
12:30 p.m.	100HH		
1:15 p.m.	HJ (two pits)		
2:30 p.m.	Shot (two circles)		
3:30 p.m.	200M		

Friday, July 13th			
Multi Events			
<i>Times are estimated, 30 minute rest between events.</i>			
	Decathlon 15-18 (will compete together)		
9:00 a.m.	110HH		
9:45 a.m.	Discus		
10:45 a.m.	Pole Vault		
12:30 p.m.	Javelin		
1:30 p.m.	1500m		
	Triathlon 9-10 (boys & girls will compete together)		
9:30 a.m.	Shot		
10:45 a.m.	HJ		
12:30 p.m.	200m		
	Heptathlon 15-18 (will compete together)		
9:45 a.m.	Long Jump (15-16)		
10:15 p.m.	Long Jump (17-18)		
10:45 a.m.	Javelin (15-16)		
11:15 a.m.	Javelin (17-18)		
11:45 a.m.	800m (15-16)		
12:15 a.m.	800m (17-18)		
	Girls Pentathlon 11-14 (will compete together)		
10:00 a.m.	80HH/100HH		
10:45 p.m.	Shot		
12:00 p.m.	HJ		
1:15 p.m.	Long Jump		
2:30 p.m.	800m		
	Boys Pentathlon 11-14 (will compete together)		
11:15 a.m.	80HH/100HH		
12:00 p.m.	Shot		
1:15 p.m.	High Jump		
2:45 p.m.	Long Jump		
4:00 p.m.	1500m		
Friday, July 13th			
Running Events			
<i>All events youngest to oldest unless otherwise noted</i>			
12:45 p.m.	2000m Steeple Chase (one heat total)	Finals	Girls
1:00 p.m.	2000m Steeple Chase (one heat total)	Finals	Boys
1:15 p.m.	4 X 800m Relay (one heat total)	Finals	Girls & Boys
4:15 p.m.	3000m (15-18 boys and 15-18 girls combined)	Finals	Girls & Boys
Friday, July 13th			
Field Events			
<i>All events youngest to oldest unless otherwise noted</i>			
1:00 p.m.	Pole Vault (13-18 combined)	Girls	
1:00 p.m.	Pole Vault (13-18 combined)	Boys	
1:30 p.m.	Hammer 15-16	Girls	
3:00 p.m.	Hammer 17-18	Girls	
5:00 p.m.	Hammer 15-16	Boys	
6:15 p.m.	Hammer 17-18	Boys	

**Saturday, July 14th**

**Running Events**

*All events youngest to oldest alternating genders unless otherwise noted*

9:30am	200H	Finals	
9:50am	400H	Finals	
10:15am	1500m Racewalk (all combined)	Finals	
10:30am	3000m Racewalk (all combined)	Finals	
11:00am	80HH	Trials	
11:20am	100mHH (17-18 girls final)	Trials	
12:05pm	110HH (15-16 boys final)	Trials	
12:20pm	80HH	Finals	
12:30pm	100HH	Finals	
12:50pm	110HH	Finals	
1:00pm	100m	Trials	
2:30pm	1500m	Finals	
4:10pm	100m	Finals	
4:45pm	400m	Final	

**Saturday, July 14th**

**Field Events**

*All events youngest to oldest alternating genders unless otherwise noted*

9:00 a.m.	Long Jump 9-10	Girls & Boys	
	High Jump 11-12	Boys	
	Discus 17-18	Boys	
	TurboJav 7-8	Girls	South Side
	Shot Put 15-16	Girls	North Side
	Shot Put 17-18	Girls	South Side
10:45 a.m.	High Jump 13-14	Boys	
	Long Jump 11-12	Girls & Boys	
	Discus 15-16	Boys	
	Shot Put 9-10	Girls	North Side
	TurboJav 7-8	Boys	South Side
12:30 p.m.	High Jump 9-10	Boys	
	Long Jump 7-8	Girls & Boys	
	Discus 15-16	Girls	
	Shot Put 13-14	Girls	North Side
	TurboJav 9-10	Girls	South Side
2:15 p.m.	High Jump 15-18	Boys	
	Long Jump 13-14	Girls & Boys	
	Discus 17-18	Girls	
	Shot Put 11-12	Girls	North Side
	TurboJav 9-10	Boys	South Side
4:00 p.m.	Long Jump 15-16	Girls & Boys	
	Shot Put 7-8	Girls	North Side
	Aero Jav 11-12	Girls	South Side
	Discus 11-12	Boys	
5:45 p.m.	Long Jump 17-18	Girls & Boys	
	Shot Put 7-8	Boys	North Side
	Aero Jav 11-12	Boys	South Side
	Discus 13-14	Boys	

**Sunday, July 15th****Running Events***All events youngest to oldest alternating genders unless otherwise noted*

9:30 a.m.	4 X 100m Relay (divisions combined check heats)	Finals	
10:30 a.m.	200m	Trials	
12:30 p.m.	800m	Finals	
1:55 p.m.	200m	Finals	
2:30 p.m.	4 X 400m (divisions combined check heats)	Finals	

**Sunday, July 15th****Field Events***All events youngest to oldest alternating genders unless otherwise noted*

9:00 a.m.	Triple Jump 13-14	Girls & Boys	
	Shot Put 15-16	Boys	North Side
	Shot Put 17-18	Boys	South Side
	Discus 11-12	Girls	
	Javelin 13-14	Girls	South Side
	High Jump 9-10	Girls	
10:45 a.m.	Triple Jump 15-16	Girls & Boys	
	Shot Put 9-10	Boys	North Side
	Discus 13-14	Girls	
	Javelin 13-14	Boys	South Side
	High Jump 11-12	Girls	
12:30 p.m.	Triple Jump 17-18	Girls & Boys	
	Shot Put 11-12	Boys	North Side
	Javelin 15-16	Girls	South Side
	Javelin 17-18	Girls	North Side
	High Jump 13-14	Girls	
2:00 p.m.	Shot Put 13-14	Boys	
	Javelin 15-16	Boys	North Side
	High Jump 15-18	Girls	
3:45 p.m.	Javelin 17-18	Boys	North Side