**High School and Middle School**

**compete together based on seed times.**

**Running Events:**

8:30 Girls 60 Meter Hurdle – Prelim (16) - 2 heats

8:40 Boys 60 Meter Hurdle – Prelim (11) -2 heats

8:50 Girls 60 Meter Dash – Prelims (69) – 9 heats

9:15 Boys 60 Meter Dash – Prelims (53) – 7 heats

9:35 Girls Mile (22) – 2 heats

9:55 Boys Mile (53) – 5 heats

10:30 Girls 4 x 200 Meter Relay (11) – 3 heats

10:40 Boys 4 x 200 Meter Relay (7) – 2 heats

10:55 Girls 600 (31) – 4 heats (8 at a time)

11:10 Boys 600 (34) – 4 heats (8/9 at a time)

11:30 – 12:10 Lunch

12:10 Girls 60 Meter Hurdles – Finals

MS, then HS if enough MS show up

12:15 Boys 60 Meter Hurdles – Finals

MS, then HS if enough MS show up

12:20 Girls 60 Meter Dash – Finals

MS, then HS

12:25 Boys 60 Meter Dash – Finals

MS, then HS

12:30 Girls 400 Meter Dash (45) – 12 heats

1:00 Boys 400 Meter Dash (37) – 10 heats

1:25 Coaches’ Mile (1)

1:35 Girls 3000 (3) – 1 heat

1:50 Boys 3000 (23) – 2 heats

2:15 Girls 200 Meter Dash (77) – 20 heats

2:55 Boys 200 Meter Dash (59) – 15 heats

3:30 Coaches’ 200

3:35 Girls 1000 (10) – 1 or 2 heats

3:45 Boys 1000 (12) – 1 or 2 heats

3:55 Girls 4 x 400 (12) – 4 heats

4:15 Boys 4 x 400 (10) – 3 heats

**Field Events:**

9:00 Boys High Jump (4)

4’ 4” start, 2” increments

9:00 Boys Long Jump (19)

4 jumps, no finals

open pit for 2 hours

9:00 Girls Pole Vault (8)

9:00 Girls Shot Put (6)

10:00 Girls High Jump (5)

4’ 0” start, then 2”

10:30 Boys Pole Vault (4)

(will start when girls finish)

11:00 Boys Shot Put (13)

11:00 Girls Long Jump (28)

4 jumps, no finals

open pit for 2 hours

1:00 Boys Triple Jump (13)

4 jumps, no finals

open pit for 2 hours

1:00 Girls Triple Jump (16)

4 jumps, no finals

open pit for 2 hours

1:00 Girls Weight Throw (3)