**Friday May 10th**

RUNNING EVENTS:

5:00 800m Medley **Girls Finals**

5:10 4 X 800m Relay **Girls Finals**

5:25 4 X 800m Relay **Boys Finals**

5:40 100m Hurdles Girls Prelims

5:50 110m Hurdles Boys Prelims

6:00 100m Dash Girls Prelims

6:20 100m Dash Boys Prelims

6:40 3200m Run **Girls Faster Heat**

7:00 3200m Run **Boys Faster Heat**

7:20 200m Dash Girls Prelims

7:40 200m Dash Boys Prelims

FIELD EVENTS: **All Field Events Are Finals**

4:30

Triple Jump Girls

Long Jump Boys

Shot Put Girls

High Jump Boys

Pole Vault Girls

Discus Boys

**Due to the importance of this meet, both as a League Championship and as the last chance for athletes to qualify for State, we tried to incorporate plenty of time between events in order to give athletes a chance to adequately recover and be ready for their next event(s). As a result, we will adhere to the starting time for each event and NOT move ahead of schedule.**

**Saturday May 11th** **All Events Are Finals**

RUNNING EVENTS:

9:00 100m Hurdles Girls

9:05 110m Hurdles Boys

9:15 100m Dash Girls

9:20 100m Dash Boys

9:30 4 X 200 Relay Girls

9:40 4 X 200 Relay Boys

9:50 1600m Run Girls

10:05 1600m Run Boys

10:25 4 X 100 Relay Girls

10:35 4 X 100 Relay Boys

10:45 400m Dash Girls

11:00 400m Dash Boys

11:15 300m Hurdles Girls

11:25 300m Hurdles Boys

11:40 800m Run Girls

11:50 800m Run Boys

12:00 200m Dash Girls

12:15 200m Dash Boys

12:30 3200m Run Girls

12:50 3200m Run Boys

1:10 4 X 400 Relay Girls

1:20 4 X 400 Relay Boys

FIELD EVENTS:

9:00

Long Jump Girls

Triple Jump Boys

Discus Girls

Pole Vault Boys

High Jump Girls

Shot Put Boys