10:00 Coaches' Meeting Max #
(meet at the start/finish line) of Heats

**Cut-Off times for 800, 1600 and 3200 are:**

Girls: 3:20, 7:00, and 14:30

Boys: 2:50, 6:20, and 13:00

 Max #

10:30 Invite - Girls 3200 1 heat

**(Girls: under 12:30 – 24 max)**

(we will run additional runners in outside alley)
10:45 Invite - Boys 3200 1 heat

**(Boys: under 10:20 – 24 max)**

11:00 Boys 3200 M Run 1 heat

11:15 Girls 800 Medley Relay 3 heats
11:25 Girls 3200 Relay 1 heat
11:40 Boys 3200 Relay 1 heat
11:55 Girls 100 M Hurdles 8 heats
12:10 Boys 110 M Hurdles 8 heats
12:25 Girls 100 M Dash 8 heats
12:40 Boys 100 M Dash 8 heats

1:00 Lunch Break for Coaches/Workers

1:20 Girls 4x200 M Relay 3 heats
1:35 Boys 4x200 M Relay 3 heats
1:45 Girls 1600 M Run 3 heats
2:10 Boys 1600 M Run 3 heats
2:30 Girls 4x100 M Relay 3 heats
2:40 Boys 4x100 M Relay 3 heats
2:55 Girls 400 M Dash 8 heats
3:10 Boys 400 M Dash 8 heats
3:30 Girls 300 M Hurdles 8 heats
3:45 Boys 300 M Hurdles 8 heats
3:55 Girls 800 M Run 4 heats
4:15 Boys 800 M Run 4 heats
4:35 Girls 200 M Dash 8 heats
4:55 Boys 200 M Dash 8 heats

5:15 Les Coyle Memorial 1/2 heats

Co-ed Weight Person 400 Relay (G-B-G-B)

5:25 Coaches’ 4x100 Relay
5:30 Girls 4x400 M Relay 2 heats
5:40 Boys 4x400 M Relay 2 heats

9:45 PV Check & Weigh-In
9:45 Shot/Discus Weigh-In

LJ, TJ, SP, Discus:

3 attempts, top 9 to finals

10:30 Girls High Jump
 4'2", 4'5", then 2"
10:30 Girls Long Jump
 measuring over 13'
10:30 Girls Shot Put
 measuring over 25'

10:30 Boys Pole Vault
 8'2", 9'2", 10'2", then 6"
10:30 Boys Triple Jump
 measuring over 36'
10:30 Boys Discus
 measuring over 90'

1:30 Boys High Jump
 5'2", 5'5", then 2"
1:30 Boys Long Jump
 measuring over 17'
1:30 Boys Shot Put
 measuring over 35'

1:30 Girls Pole Vault
 6'2", 7'2", 8'2" then 6"
1:30 Girls Triple Jump
 measuring over 27'
1:30 Girls Discus
 measuring over 70'