

Event	Girls	Boys
Shot Put	1 PM (28')	10 AM (40')
Discus	10 AM (85')	2 PM (110')
Javelin	1 PM (85')	10 AM (130')
High Jump	10 AM (4'6, 4'8, 4'10, 5' then by 1".) (4'6")	1 PM (5'6,5'8, 5'10, 6', then by 1") (5'6")
Pole Vault	10 AM (7' then by 6" to 10, then by 3's) (8')	1 PM (10, then by 6's till 12, then by 3's) (11')
Long Jump	10 AM Girls (14'6")	10 AM Boys (19')
Triple Jump	2 PM Girls (30')	2 PM Boys (40')

Entries are due on Thursday by 9 PM.

Medals to top 3 in each event. Pick up your teams medals from the press box before you leave, they will not be mailed.

Event	Girls	Boys
Slower Heat 3k	10 AM 12:15 to 13:30. Do not enter girls over 13:30	10:15 AM 10.00 to 11.00 Do not enter boys over 11:00
4 x 100	11:00 AM	11:15 AM
1500	11:35 AM (5.40)	11:50 (4.35)
100	12: 05 PM (13.80)	12:30 PM (11.90)
400	12:55 PM (66.00)	1:20 PM (55.00)
100/110 Hurdles	1:50 PM (18.00)	2:10 PM (18.00)
800	2:30 PM (2.40)	2:45 PM (2.10)
200	3:00 PM (29.00)	3:20 PM (24.00)
300 Hurdles	3:40 PM (55.00)	4:00 PM (45.00)
3,000	4:20 PM (12.00) Girls Under 12:15 are in PM Race	4:35 PM (10.00) Boys under 10 Minutes are in PM Race
4 x 400	4:50 PM	5:10 PM