

SCHEDULE OF EVENTS

The meet will run ahead of schedule when possible, and the Clerk of the Start may combine the boys and girls events. Times listed below are suggested times only and not official start times. We will stay within 15 minutes of scheduled times.

FIELD EVENTS (3 jumps or 3 throws) No Finals

11:00	Boys Long Jump (LPX) / Boys Triple Jump (Fremont) Girls Long Jump (KEA) / Girls Triple Jump (GI) Boys Discus (LNE) / Girls Discus (LSE) Girls Shot Put (Fremont) / Boys Shot Put (LE) Girls High Jump (Joe Shandera) / Boy High Jump (Joe Shandera) Boys Pole Vault (LPS) / Girls Pole Vault (LPS)	
12:45	4 x 1600 Relay	Girls
1:15	4 x 1600 Relay	Boys
1:45	100m Hurdle (Individual Event)	Girls
2:00	110m Hurdles (Individual Event)	Boys
2:15	4 x 800 Relay	Girls
2:30	4 x 800 Relay	Boys
2:45	1600 Sprint Medley (200-200-400-800)	Girls
3:00	1600 Sprint Medley (200-200-400-800)	Boys
3:10	4 x 100 Relay	Girls
3:15	4 x 100 Relay	Boys
3:20	4 x 100 Throwers Relay	Girls
3:25	4 x 100 Throwers Relay	Boys
3:30	30" IM Shuttle (13m-35m.-35m.-13m)	Girls
3:35	36" IM Shuttle (15yd-35m.-35m.-15yd)	Boys
3:40	Distance Medley (800-400-1200-1600)	Girls
3:55	Distance Medley (800-400-1200-1600)	Boys
4:05	Sprint Medley (100-100-200-400)	Girls
4:15	Sprint Medley (100-100-200-400)	Boys
4:25	4 x 400	Girls
4:35	4 x 400	Boys
4:50	Coaches Pick up Results	