**9:30 Coaches Meeting**

**TIMED EVENTS**

10:00 AM 3200 M

10:45 AM 100 M Hurdles

11:00 AM 110 M Hurdles

11:15 AM 100 M Girls

11:45 AM Medley

**BREAK**

1:00 PM 1600 M

1:30 PM 4X100

1:40 PM 400 M

2:00 PM 300 M Hurdles

2:20 PM 800 M

2:40 PM 200 M

3:00 PM 4X400

**3:30 PM TEAM AWARDS**

**FIELD EVENTS**

10:15

Boys High Jump

Boys Discus

Girls Javelin

Girls Long Jump

Boys Shot

**FIELD EVENTS**

1:00 PM

Girls High Jump

Girls Discus

Boys Javelin

Boys Long Jump

Girls Shot