

4 DAY FORMAT

1 Session Per Day - 2 Classes Combined - (Class A & Class B on Wednesday / Thursday) - (Class C & Class D on Friday / Saturday)

DAY #1 (Friday - May 20) (Class C and Class D)

Field Events

9:00 AM CLASS D GIRLS POLE VAULT
9:30 AM CLASS C BOYS HIGH JUMP
9:30 AM CLASS C GIRLS LONG JUMP
9:30 AM CLASS D BOYS TRIPLE JUMP
9:30 AM CLASS C BOYS SHOT PUT
9:30 AM CLASS D GIRLS DISCUS

TBD CLASS C GIRLS POLE VAULT
(warm ups will begin following the completion of the 1st session)

11:30 AM CLASS D BOYS HIGH JUMP
11:30 AM CLASS D GIRLS LONG JUMP
11:30 AM CLASS C BOYS TRIPLE JUMP
11:30 AM CLASS D BOYS SHOT PUT
11:30 AM CLASS C GIRLS DISCUS

1:15 PM Awards Presentations

Running Events (D Girls, C Girls, D Boys, C Boys)

1:30 PM 3200 M RELAY (Finals)
2:25 PM 100 M HIGH HURDLES
2:45 PM 110 M HIGH HURDLES
3:05 PM 100 M DASH
3:45 PM Awards Presentations
4:00 PM 400 M DASH
4:40 PM 3200 M RUN (Finals)
5:40 PM 300 M LOW HURDLES
6:00 PM 300 M INT. HURDLES
6:20 PM Awards Presentations
6:30 PM 200 M DASH

DAY #2 (Saturday - May 21) (Class C and Class D)

Field Events

9:00 AM CLASS C BOYS POLE VAULT
9:30 AM CLASS D GIRLS HIGH JUMP
9:30 AM CLASS D BOYS LONG JUMP
9:30 AM CLASS C GIRLS TRIPLE JUMP
9:30 AM CLASS D GIRLS SHOT PUT
9:30 AM CLASS C BOYS DISCUS

TBD CLASS D BOYS POLE VAULT
(warm ups will begin following the completion of the 1st session)

11:30 AM CLASS C GIRLS HIGH JUMP
11:30 AM CLASS C BOYS LONG JUMP
11:30 AM CLASS D GIRLS TRIPLE JUMP
11:30 AM CLASS C GIRLS SHOT PUT
11:30 AM CLASS D BOYS DISCUS

1:15 PM Awards Presentations

Running Events (D Girls, C Girls, D Boys, C Boys)

1:30 PM 800 m run
2:10 PM 400 m relay
2:50 PM Awards Presentations
3:05 PM 100 m high hurdles
3:15 PM 110 m high hurdles
3:25 PM 100 m dash
3:40 PM Awards Presentations
3:50 PM 400 m dash
4:15 PM 1600 m run
4:50 PM 300 m low hurdles
5:00 PM 300 m int hurdles
5:10 PM 200 m dash
5:25 PM Awards Presentations
5:45 PM 1600 m relay
6:45 PM Awards Presentations