

4:30 Field Events

Girls followed by Boys

Long Jump-End Pit

High Jump

Discus

Boys followed by Girls

Triple Jump-Middle Pit

Shot Put

Girls and Boys Together

Pole Vault

5:00 Running Events

All events will be Girls followed by Boys

3200m Relay

100m/110m Hurdles

100m

1600m

400m Relay-Throwers

400m Relay

400m

300m Hurdles

800m

200m

3200m

1600m Relay