

Times Subject to Change - **REVISED**

Time (EST)

Event

Running Events

7:30 AM-8:00 AM

Warm Ups

8:00 AM

4x200 Relay

High School

8:15 AM

60mH Prelims

High School

8:35 AM

60m Dash Prelims

High School

9:00 AM

800 Run

High School

9:45 AM

200m Dash Prelims

High School

10:15 AM

2 Mile

High School

11:15 AM

400m Dash

High School/Middle School

12:15 PM

60mH Finals

High School

12:25 PM

60m Dash Finals

High School/Middle School

12:35 PM

1-mile Run

High School/Middle School

1:45 PM

200m Dash Finals

High School

2:00 PM

4x400 Relay

High School

2:20 PM

DMR

High School

3:00 PM

Projected End Time

Field Events

8:30 AM

Mixed Long Jump

Middle School

9:00 AM

Mixed Shot Put

Middle School

9:00 AM

Girls Shot Put

High School

9:00 AM

Girls Long Jump

High School

9:00 AM

Girls High Jump

High School

9:00 AM

Boys High Jump

High School

9:00 AM

Girls Pole Vault

High School

10:30 AM

Boys Shot Put

High School

10:30 AM

Boys Long Jump

High School

11:30 AM

Boys Pole Vault

High School

12:00 PM

Girls Triple Jump

High School

12:00 PM

Girls Weight Throw

High School

1:00 PM

Boys Triple Jump

High School

1:00 PM

Boys Weight Throw

High School