

## SUBJECT TO CHANGE

### Times Schedule

Time (EST)

### Running Events

7:30 AM-7:50 AM

### Event

### Warm Ups

### START WITH TRACK RAISED

8:00 AM

4x200 Relay

High School

### LOWER TRACK

8:15 AM

60mH Prelims

High School

8:35 AM

60m Dash Prelims

High School

### RAISE TRACK

9:15 AM

800 Run

High School

10:20 AM

200m Dash Prelims

High School

11:30 AM

2 Mile

High School

12:30 PM

400m Dash

High School/Middle School

### LOWER TRACK

1:45 PM

60mH Finals

High School

2:00 PM

60m Dash Finals

High School/Middle School

### RAISE TRACK

2:30 PM

1-mile Run

High School/Middle School

4:30 PM

200m Dash Finals

High School

4:45 PM

4x400 Relay

High School

5:10 PM

DMR

High School

5:40 PM

Projected End Time

### Field Events

8:30 AM

Mixed Long Jump

Middle School

8:30 AM

Mixed Shot Put

Middle School

9:15 AM

Girls High Jump

High School

9:15 AM

Boys High Jump

High School

9:15 AM

Girls Pole Vault

High School

9:30 AM

Girls Shot Put

High School

9:30 AM

Girls Long Jump

High School

11:45 AM

Boys Shot Put

High School

11:45 AM

Boys Long Jump

High School

11:45 AM

Boys Pole Vault

High School

1:15 PM

Girls Triple Jump

High School

1:15 PM

Girls Weight Throw

High School

2:30 PM

Boys Triple Jump

High School

2:30 PM

Boys Weight Throw

High School