

July 8 Wednesday

Running Events

8:00 AM	2000 M Steeplechase	13-14 G, 13-14 B, 15-16G, 17-18W, 15-16B, 17-18M	F
10:15 AM	4x800 Relay	11-12G, 11-12B, 13-14G, 13-14B,	F
	4x800 Relay	15-16G, 15-16B, 17-18W, 17-18M	F
1:15 PM	100 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	P
	4x800 Mixed Relay	15-16, 17-18	F
	400 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	P

Field Events

9:00 AM	Hammer	15-16G, 17-18W, 15-16B, 17-18M	F
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July 10 Friday

Running Events

7:30 AM	3000 Meters	11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
	100 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
	400 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
	110 HH	17-18M, 15-16B	F
	100 HH	17-18W, 15-16G, 13-14B, 13-14G	F
	80 HH	11-12G, 11-12B	F
	4X100 Relay	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	P

Field Events

8:30 AM	Pole Vault	13-14G, 15-16G, 17-18W	F
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Use 2 Rings

8:30 AM	Shot Put	7-8G, 7-8B, 9-10G, 9-10B	F
10:45 AM	Shot Put	11-12G, 11-12B, 13-14G, 13-14B	F
1:30 PM	Shot Put	17-18W, 15-16G, 17-18M, 15-16B	F

8:00 AM	Javelin	17-18W, 15-16G, 13-14G	F
11:15 AM	Javelin	17-18M, 15-16B, 13-14B	F
1:30 PM	Mini Javelin	7-8G, 7-8B	F

Use 2 Pits

9:00 AM	Long Jump	7-8G, 7-8B, 9-10G, 9-10B	F
11:00 AM	Long Jump	11-12G, 11-12B, 13-14G, 13-14B	F
1:00 PM	Long Jump	17-18W, 15-16G, 17-18M, 15-16B	F
8:30 AM	High Jump	11-12G, 11-12B	F
10:30 AM	High Jump	9-10G, 9-10B	F
1:30 PM	High Jump	13-14G, 13-14B	F

July 9 Thursday

Running Events

8:15 AM	1500 Meters	13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
1:15 PM	4x100 Mixed Relay	15-16, 17-18	F
	800 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B	F
	4x400 Mixed Relay	15-16, 17-18	F
	200 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	P

July 11 Saturday

Running Events

7:30 AM	1500 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B	F
	4X100 Relay	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
	800 Meters	13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
	200 Meters	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
	1500 M RaceWalk	9-10G, 9-10B, 11-12G, 11-12B	F
	3000 M RaceWalk	13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F
	400 LH	15-16G, 17-18W, 15-16B, 17-18M	F
	200 LH	13-14G, 13-14B	F
	4X400 Relay	7-8G, 7-8B, 9-10G, 9-10B, 11-12G, 11-12B, 13-14G, 13-14B, 15-16G, 15-16B, 17-18W, 17-18M	F

Field Events

8:30 AM	Pole Vault	13-14B, 15-16B, 17-18M	F
8:30 AM	Triple Jump	13-14G, 13-14B	F
9:45 AM	Triple Jump	15-16G, 17-18W	F
11:00 AM	Triple Jump	15-16B, 17-18M	F
8:00 AM	Discus	11-12G, 11-12B	F
10:15 AM	Discus	13-14G, 15-16G, 17-18W	F
12:30 PM	Discus	13-14B, 15-16B, 17-18M	F
8:30 AM	High Jump	15-16G, 17-18W	F
10:30 AM	High Jump	15-16B, 17-18M	F

8:00 AM	Aero Javelin	9-10G, 9-10B, 11-12 G, 11-12B	F
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