

TRACK EVENTS

3:00	800M	RELAY/G
3:05	3200	RUN/G
3:25	110M	HURDLES/B
3:35	100M	HURDLES/G
3:45	100M	DASH/B
3:50	100M	DASH/G
3:55	1600M	RUN/B
4:05	1600M	RUN/G
4:15	400M	RELAY/B
4:20	400M	RELAY/G
4:25	400M	DASH/B
4:30	400M	DASH/G
4:40	300M	HURDLES/B
4:45	300M	HURDLES/G
4:55	800M	RUN/B
5:00	800M	RUN/G
5:05	200M	DASH/B
5:10	200M	DASH/G
5:15	3200M	RUN/B
5:30	1600M	RELAY/B
5:35	1600M	RELAY/G

FIELD EVENTS

3:15	SHOT PUT/B	*(Girls to follow)
	SHOT PUT/G	
	DISCUS/G	*(Boys to follow)
	HIGH JUMP/G	*(Boys to follow)
	HIGH JUMP/B	
	JAVELIN/ B,G	(open runway)
	POLE VAULT/G	*(Boys to follow)
	POLE VAULT/B	
	LONG JUMP/B	(open pit)
	LONG JUMP/G	(open pit)
	TRIPLE JUMP/B	(open pit)
	TRIPLE JUMP/G	(open pit)
4:30	LONG JUMP/B	(finals)
	LONG JUMP/G	(finals)
	TRIPLE JUMP/B	(finals)
	TRIPLE JUMP/G	(finals)

DUAL MEETS

Home gets odd lanes

ALL VARSITY RELAYS
 HOME LANE #3
 VISITOR LANE #4

STARTING HEIGHTS

HIGH JUMP/B	5'0"
HIGH JUMP/G	4'0"
POLE VAULT/B	8'6"
POLE VAULT/G	6'6"