**SCHEDULE OF EVENTS:**

**3:00** **Coaches Meeting in the locker room**

**3:30** **Field Events Begin 4:00**

 *\*Cafeteria style format for all field events*

 Boys Discus Girls Discus

 Girls Shot Put Boys Shot Put

 Boys High Jump Girls High Jump

 Girls and Boys Pole Vault

 Boys Triple Jump Girls Triple Jump

 Girls Long Jump Boys Long Jump

 Boys (*Javelin will be held at the old football field*) Girls Javelin

**4:30** **Track Events Begin *(Girls precede Boys)***

 4X800m Relay

 100m High Hurdles (girls)

 110m High Hurdles (boys)

 100m Dash

 4X200m Relay

 1600m Run

 4X100m Relay

 400m Dash

 300m Low Hurdles / Intermediate Hurdles

 800m Run

 200m Dash

 3200m Run

 4X400m Relay

\* Please keep all athletes that are not participating outside of the fence.

\* The football field will be off limits.

We hope you have a great experience.