

5:00	Girls 3200	Heat #1		6:30	Girls 3200	Heat #1
5:14	girls 4 x 100	heat #1		6:44	girls 4 x 100	heat #1
5:17	girls 4 x 100	Heat #2		6:48	girls 4 x 100	Heat #2
5:20	boys 4 x 100	Heat #1		6:52	boys 4 x 100	Heat #1
5:23	boys 4 x 100	Heat #2		6:55	boys 4 x 100	Heat #2
5:27	Boys 3200	Heat #1		6:57	boys 4 x 100	Heat #3
5:42	Boys 110hh	Heat #1		7:00	Boys 3200	Heat #1
5:45	Boys 110hh	Heat #2		7:13	Boys 110hh	Heat #1
5:48	Boys 110hh	Heat #3		7:16	Boys 110hh	Heat #2
5:52	Girls 100hh	Heat #1		7:19	Boys 110hh	Heat #3
5:55	Girls 100hh	Heat #2		7:23	Girls 100hh	Heat #1
5:58	Girls 100hh	Heat #3		7:25	Girls 100hh	Heat #2
6:04	Girls 400m	Heat #1		7:28	Girls 100hh	Heat #3
6:07	Girls 400m	Heat #2		7:32	Girls 400m	Heat #1
6:10	Girls 400m	Heat #3		7:35	Girls 400m	Heat #2
6:13	boys 400m	Heat #1		7:38	Girls 400m	Heat #3
6:14	boys 400m	Heat #2		7:41	boys 400m	Heat #1
6:17	boys 400m	Heat #3		7:43	boys 400m	Heat #2
6:25	Girls 100m	visitor side		7:46	boys 400m	Heat #3
6:25	Boys 100m	home side		7:55	Girls 100m	home side
7:55	girls 800m	Heat #1		7:55	Boys 100m	visitor side
7:59	girls 800m	Heat #2		8:25	girls 800m	Heat #1
8:03	girls 800m	Heat #3		8:29	girls 800m	Heat #2
8:07	boys 800m	Heat #1		8:31	girls 800m	Heat #3
8:11	boys 800m	Heat #2		8:35	boys 800m	Heat #1
8:15	boys 800m	Heat #3		8:38	boys 800m	Heat #2
8:21	girls 300ih	Heat #1		8:41	boys 800m	Heat #3
8:24	girls 300ih	Heat #2		8:46	girls 300ih	Heat #1
8:27	girls 300ih	Heat #3		8:49	girls 300ih	Heat #2
8:30	boys300ih	Heat #1		8:51	girls 300ih	Heat #3
8:33	boys300ih	Heat #2		8:55	boys300ih	Heat #1
8:36	boys300ih	Heat #3		8:58	boys300ih	Heat #2
8:42	co-ed 4 x 200	heat #1		9:01	boys300ih	Heat #3
8:45	co-ed 4 x 200	heat #2		9:05	co-ed 4 x 200	heat #1
8:48	Girls 1600m	Heat #1		9:09	co-ed 4 x 200	heat #2
8:55	Girls 1600m	Heat #2		9:12	Girls 1600m	Heat #1
9:02	Girls 1600m	Heat #3		9:19	Girls 1600m	Heat #2
9:08	Boys 1600m	Heat #1		9:26	Girls 1600m	Heat #3
9:15	Boys 1600m	Heat #2		9:33	Boys 1600m	Heat #1
9:22	Boys 1600m	Heat #3		9:39	Boys 1600m	Heat #2
9:28	girls 4 x 400m	Scratch Start		9:46	Boys 1600m	Heat #3
9:35	boys 4 x 400m	Scratch Start		9:53	girls 4 x 400m	Scratch Start
	<b>Friday Night</b>			9:59	boys 4 x 400m	Scratch Start
					<b>Saturday Night</b>	
	<b>Field Events</b>				<b>Field Events</b>	
4:30	High Jump	Girls		6:00	High Jump	Girls
After Girls	High Jump	Boys		After Girls	High Jump	Boys
4:30	Long Jump	Girls-pit 1		6:00	Long Jump	Girls-pit 1
4:30	Long Jump	Boys-pit 2		6:00	Long Jump	Boys-pit 2
After LJ	Triple	Girls-pit 1		After LJ	Triple	Girls-pit 1
After LJ	Triple	Boys-pit 2		After LJ	Triple	Boys-pit 2
	<b>1600 meters</b>				<b>Field Events</b>	
10:00	Girls 1600	Heat #1		10:00	<b>Pole Vault</b>	
10:08	Girls 1600	Heat #2		Pole vault order	f/s G - f/s B - Var G - Var B	
10:16	Girls 1600	Heat #3		10:00	<b>Discus</b>	Boys f/s then Var
10:25	Boys 1600	Heat #1		10:00	<b>Shotput</b>	Girls f/s then Var
10:33	Boys 1600	Heat #2		after boys	<b>Discus</b>	Girls f/s then Var
10:40	Boys 1600	Heat #3		after girls	<b>Shotput</b>	Boys f/s then Var
10:47	Boys 1600	Heat #4				
10:54	Boys 1600	Heat #5				