

<b>FRIDAY</b>				
<b>RUNNING EVENTS</b>			<b>FIELD EVENTS</b>	
<b>Time</b>	<b>Evening Session</b>	<b>Heats</b>	<b>Time</b>	<b>Events</b>
3:00 PM	Boys' 110 Hurdles	3 Heat Prelim	3:00 PM	Girls' Pole Vault
3:15 PM	Girls' 100 Hurdles	3 Heat Prelim		Boys' Discus
3:30 PM	Boys' 4X800 Relay	3 Heat Final		Girls' Triple Jump
4:05 PM	Boys' 100 Dash	3 Heat Prelim		Boys' High Jump
4:20 PM	Girls' 100 Dash	3 Heat Prelim		
4:35 PM	Girls' 4X800 Relay	3 Heat Final	*to follow*	Boys' Pole Vault
5:00 PM	Boys' 110 Hurdles	1 Heat Final		Girls' Discus
5:05 PM	Girls' 100 Hurdles	1 Heat Final		Boys' Triple Jump
5:15 PM	Boys' 4X200 Relay	3 Heat Final		Girls' High Jump
5:30 PM	Girls' 4X200 Relay	3 Heat Final		
5:45 PM	Boys' 3200 Run	1 Heat Final		
6:10 PM	Boys' 100 Dash	1 Heat Final		
6:15 PM	Girls' 100 Dash	1 Heat Final		
6:20 PM	Girls' 3200 Run	1 Heat Final		
<b>SATURDAY</b>				
<b>RUNNING EVENTS</b>			<b>FIELD EVENTS</b>	
<b>Time</b>	<b>Morning Ssession</b>	<b>Heats</b>	<b>Time</b>	<b>Events</b>
9:00 AM	Boys' 1600 Run	1 Heat Final	9:00 AM	Girls' Long Jump
9:10 AM	Girls' 1600 Run	1 Heat Final		Boys' Shot Put
10:20 AM	Boys' 4X100 Relay	3 Heat Final		
10:40 AM	Girls' 4X100 Relay	3 Heat Final		
10:50 AM	Boys' 400 Dash	3 Heat Final		
11:05 AM	Girls' 400 Dash	3 Heat Final		
11:20 AM	Boys' 300 Hurdles	3 Heat Final		
11:45 PM	Girls' 300 Hurdles	3 Heat Final	*to follow*	Boys' Long Jump
12:10 PM	Boys' Medley Relay	3 Heat Final		Girls' Shot Put
12:30 PM	Girls' Medley Relay	3 Heat Final		
	BREAK			
<b>Time</b>	<b>Afternoon Session</b>	<b>Heats</b>		
1:45 PM	Boys' 800 Run	3 Heat Final		
1:55 PM	Girls' 800 Run	3 Heat Final		
2:05 PM	Boys' 200 Dash	3 Heat Final		
2:20 PM	Girls' 200 Dash	3 Heat Final		
2:30 PM	Boys' 4X400 Relay	3 Heat Final		
2:45 PM	Girls' 4X400 Relay	3 Heat Final		