FRIDAY				
RUNNING EVENTS			FIELD EVENTS	
Time	Evening Session	Heats	Time	Events
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		
SATURDAY				
	RUNNING EVENTS			FIELD EVENTS
Time	Morning Ssession	Heats	Time	Events
_				
9:00 AM	Boys' 1600 Run	1 Heat Final	9:00 AM	Girls' Long Jump
9:00 AM 9:10 AM		1 Heat Final 1 Heat Final	9:00 AM	Girls' Long Jump Boys' Shot Put
	Boys' 1600 Run	+	9:00 AM	
9:10 AM	Boys' 1600 Run Girls' 1600 Run	1 Heat Final	9:00 AM	
9:10 AM 10:20 AM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay	1 Heat Final 3 Heat Final	9:00 AM	
9:10 AM 10:20 AM 10:40 AM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay	1 Heat Final 3 Heat Final 3 Heat Final	9:00 AM	
9:10 AM 10:20 AM 10:40 AM 10:50 AM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash	1 Heat Final 3 Heat Final 3 Heat Final 3 Heat Final	9:00 AM	
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash	1 Heat Final 3 Heat Final 3 Heat Final 3 Heat Final 3 Heat Final	9:00 AM *to follow*	
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles	1 Heat Final 3 Heat Final		Boys' Shot Put
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles	1 Heat Final 3 Heat Final		Boys' Shot Put Boys' Long Jump
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM 12:10 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles Boys' Medley Relay	1 Heat Final 3 Heat Final		Boys' Shot Put Boys' Long Jump
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM 12:10 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles Boys' Medley Relay Girls' Medley Relay	1 Heat Final 3 Heat Final		Boys' Shot Put Boys' Long Jump
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM 12:10 PM 12:30 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles Girls' Medley Relay Girls' Medley Relay BREAK	1 Heat Final 3 Heat Final		Boys' Shot Put Boys' Long Jump
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM 12:10 PM 12:30 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles Boys' Medley Relay Girls' Medley Relay BREAK Afternoon Session	1 Heat Final 3 Heat Final 4 Heat Final 4 Heats		Boys' Shot Put Boys' Long Jump
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM 12:10 PM 12:30 PM Time 1:45 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles Boys' Medley Relay Girls' Medley Relay BREAK Afternoon Session Boys' 800 Run	1 Heat Final 3 Heat Final 4 Heat Final 5 Heat Final 7 Heat Final 8 Heat Final 9 Heats 1 Heats		Boys' Shot Put Boys' Long Jump
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM 12:10 PM 12:30 PM Time 1:45 PM 1:55 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles Girls' Medley Relay Girls' Medley Relay BREAK Afternoon Session Boys' 800 Run Girls' 800 Run	1 Heat Final 3 Heat Final 4 Heat Final 3 Heat Final 5 Heat Final 4 Heats 5 Heat Final 6 Heats 7 Heat Final 7 Heat Final 7 Heat Final 8 Heat Final 9 Heat Final		Boys' Shot Put Boys' Long Jump
9:10 AM 10:20 AM 10:40 AM 10:50 AM 11:05 AM 11:20 AM 11:45 PM 12:10 PM 12:30 PM Time 1:45 PM 1:45 PM 1:45 PM	Boys' 1600 Run Girls' 1600 Run Boys' 4X100 Relay Girls' 4X100 Relay Boys' 400 Dash Girls' 400 Dash Boys' 300 Hurdles Girls' 300 Hurdles Boys' Medley Relay Girls' Medley Relay BREAK Afternoon Session Boys' 800 Run Girls' 800 Run Boys' 200 Dash	1 Heat Final 3 Heat Final 4 Heats 4 Heats 5 Heat Final 5 Heat Final 6 Heats 7 Heat Final 7 Heats 7 Heat Final		Boys' Shot Put Boys' Long Jump