

Friday Order of Events

<u>TRACK EVENTS</u>	<u>ESTIMATED START TIME</u>
3000 m	6:30 pm
300 m hurdles	7:15 pm
<u>FIELD EVENTS</u>	<u>ESTIMATED START TIME</u>
Pole Vault	
All ages Warmup	5:00 pm
All ages	6:00 pm
Triple Jump	
13-14	6:30 pm
15-18	7:15 pm

Saturday Order of Events

<u>TRACK EVENTS</u>	<u>ESTIMATED START TIME</u>
1500 m	9:30 am
80/100/110 hurdles	10:00 am
100 m	10:45 am
400 m	11:30 am
4x100 m relay	12:30 pm
800 m	1:00 pm
200 m	1:45 pm
Swedish relay	2:45 pm
<u>FIELD EVENTS</u>	<u>ESTIMATED START TIME</u>
Long Jump	
15-18	9:30 am
11-12, 13-14	10:30 am
8 and under, 9-10	1:30 pm
Javelin	
8 and under	9:30 am
9-10	10:45 am
11-12	9:30 am
13-14	10:15 am
15-18	11:00 am
Shot put	
8 and under	12:30 pm
9-10	1:00 pm
11-12	1:30 pm
13-14	2:00 pm
15-18	2:30 pm