



TOP 8 ORDER OF EVENTS

TRACK EVENTS:

ESTIMATED SCHEDULE

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

- 9:00AM ~~Coaches Meeting~~—SCRATCHED- See Handout
- 10:30AM Seeded 400M RELAY: VG (2H), VB (2H)
- 10:42AM Seeded 1600M: VG, VB (1H each gender of 16)
- 11:00AM Seeded 100H/110H: VG (3H), VB (3H)
- 11:18AM Seeded 400M: VG (2H), VB (2H) (two heats of 8)
- 11:30AM Seeded 100M: VG (2H), VB (2H) (two heats of 8)



12:00 PM National Anthem

The Invitational athletes are separate from the Seeded athletes!

There will be no substitutes in these events if someone scratches.

12:10 PM Invitational 1600m – 1H VG and VB

12:30 PM Invitational 400m – – 1H VG and VB

12:40PM Invitational 100m – 1H VG and VB

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

12:50PM Seeded 800M: VG (2H), VB (2H)

1:10PM Seeded 300IH: VG (2H), VB (2H)

1:22PM Seeded 200M: VG (3H), VB (3H)

1:34PM Seeded 3200M: VG, VB, (1 Heat each gender)

2:06PM Seeded 4x800: VG, VB, (1Heat each gender)

2:38PM Seeded 1600M RELAY: VB, VG (2 heats of each gender)

To follow: Coaches Relay- Not timed. Optional



FIELD EVENTS:

9AM START

(WILL RUN AHEAD OF SCHEDULE WHEN POSSIBLE)

Pole Vault: VG followed by VB

LONG JUMP: VG, followed by VB

TRIPLE JUMP: VB, followed by VG

HIGH JUMP: VG, followed by VB

SHOT PUT: VB, followed by VG

DISCUS: VG followed by VB,