



 **\*ROLLING SCHEDULE\***

***Starting Time Track Events* (Boys followed by girls in all track events)**

10:00am 4x800m Relay

 110m Hurdles TRIALS

 100m Hurdles TRIALS

 100m Dash TRIALS

 1600m Run

 100m Hurdle FINAL **(note: girls before boys)**

 110m Hurdle FINAL

 100m Dash FINAL

 400m Dash

 4x100m Relay

 300m Hurdles

 800m Run

 200m Dash FINAL

 3200m Run

 4x400m Relay

***Starting Time Field Events***

10:00am Long Jump Boys- Pit A **(Triple Jump to follow)**

 Girls- Pit B **(Triple Jump to follow)**

 High Jump Boys (Girls to follow)

 Shot Put Boys (Girls to follow)

 Discus Girls (Boys to follow)

 Pole Vault Girls (Boys to follow)

 **☝ First legal attempt will be measured each attempt after that must meet**

 **minimum standard for measurement.**

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| **Starting Heights**High Jump: Boys- 5’4”Girls- 4’4”Pole Vault: Boys- 9’6”Girls- 7’0” | **Minimum Measurements**Triple Jump: Boys- 34’6” Girls- 29’6”Long Jump: Boys- 17’0” Girls- 13’0”Shot Put: Boys- 35’0” Girls- 25’0”Discus: Boys- 95’0” Girls- 65’0” |