

4:30 - Field Events:

Check in at the field event

- **High Jump**
 - Boys on West Pit, Five Alive format, starting height to be determined at the coaches meeting
 - Girls on East Pit, Five Alive format, starting height to be determined at the coaches meeting
- **Pole Vault**
 - Boys on South Pit, most likely Five Alive format, starting height to be determined at the coaches meeting
 - Girls on North Pit, most likely Five Alive format, starting height to be determined at the coaches meeting
 - Bring a copy of weight verification form to the event
- **Long Jump**
 - Boys on West Pit, Open pit for 1 hour, or longer if entries dictate, 4 trials, no finals
 - Girls on East Pit, Open pit for 1 hour, or longer if entries dictate, 4 trials, no finals
 - Piggyback jumps (suggested) 1 & 2 then 3 & 4
- **Triple Jump** - 15 minutes after long jump is completed
 - Boys on West Pit, Open pit for 1 hour, or longer if entries dictate, 4 trials, no finals
 - Girls on East Pit, Open pit for 1 hour, or longer if entries dictate, 4 trials, no finals
 - Piggyback jumps (suggested) 1 & 2 then 3 & 4
- **Shot Put**
 - Boys first followed by Girls
 - 4 trials for each athlete, no finals
 - Flights of approx. 8 to 10 athletes
- **Discus**
 - Girls first followed by Boys
 - 4 trials for each athlete, no finals
 - Flights of approx. 8 to 10 athletes



5:15 - Running Events:

Girls will run first, followed by boys

All running events are timed finals

All events will be clerked at the North end of the straightaway

4 x 800 Relay

100 / 110 High Hurdles

100 Dash

1600 Run

4 x 200 Relay

400 Dash

4 x 100 Relay

300 Low & Intermediate Hurdles

800 Run

200 Dash

3200 Run

4 x 400 Relay