8:15 Coaches' Meeting Max #
(meet at the start/finish line) of Heats

**Cut-Off times for 800, 1600 and 3200 are:**

Girls: 3:20, 7:00, and 14:30

Boys: 2:50, 6:20, and 13:00

 Max #

9:10 Girls 800 Medley Relay 3 heats
9:20 Girls 3200 Relay 1 heat
9:35 Boys 3200 Relay 1 heat
9:50 Invite - Girls 3200 1 heat

**(Girls: under 12:30 – 24 max)**
10:05 Invite - Boys 3200 1 heat

**(Boys: under 10:20 – 24 max)**
10:20 Girls 100 M Hurdles 8 heats
10:35 Boys 110 M Hurdles 8 heats
10:50 Girls 100 M Dash 8 heats
11:10 Boys 100 M Dash 8 heats

11:25 Lunch Break for Coaches/Workers

11:45 Girls 4x200 M Relay 3 heats
11:55 Boys 4x200 M Relay 3 heats
12:05 Girls 1600 M Run 3 heats
12:25 Boys 1600 M Run 3 heats
12:50 Girls 4x100 M Relay 3 heats
1:00 Boys 4x100 M Relay 3 heats
1:10 Girls 400 M Dash 8 heats
1:25 Boys 400 M Dash 8 heats
1:45 Girls 300 M Hurdles 8 heats
2:00 Boys 300 M Hurdles 8 heats
2:15 Girls 800 M Run 4 heats
2:35 Boys 800 M Run 4 heats
2:55 Girls 200 M Dash 8 heats
3:15 Boys 200 M Dash 8 heats
3:30 Girls 3200 M Run 1 heat
3:45 Boys 3200 M Run 1 heat

4:00 Les Coyle Memorial 1/2 heats

 Co-ed Weight Person

 400 Relay (B-G-B-G)
4:05 Girls 4x400 M Relay 2 heats
4:15 Boys 4x400 M Relay 2 heats

8:30 PV Check & Weigh In All Vaulters
8:30 Shot/Discus Weigh In All Throwers

LJ, TJ, SP, Discus:

3 attempts, top 9 to finals

9:00 Girls High Jump
 4'4", 4'7", then 2"
9:00 Girls Long Jump
 measuring over 13'
9:00 Girls Shot Put
 measuring over 25'

9:00 Boys Pole Vault
 8'2", 9'2", 10'2", then 6"
9:00 Boys Triple Jump
 measuring over 36'
9:00 Boys Discus
 measuring over 90'

12:00 Boys High Jump
 5'4", 5'7", then 2"
12:00 Boys Long Jump
 measuring over 17'
12:00 Boys Shot Put
 measuring over 35'

12:00 Girls Pole Vault
 6'2", 7'2", 8'2" then 6"
12:00 Girls Triple Jump
 measuring over 27'
12:00 Girls Discus
 measuring over 70'