

1st Session order of Field Events

12:00 PM – Coaches Meeting

12:30 PM Field Events

Boys Long Jump – followed by Boys Triple Jump

Boys Shot Put – followed by Boys Discus

Girls Long Jump – followed by Girls Triple Jump

Girls Discus – followed by Girls Shot Put

Girls Pole Vault – followed by Boys Pole Vault

Boys High Jump – Followed by Girls High Jump

Running Events: 1ST Session Running Events (All Finals)

1:00 PM DMR 1200, 400, 800,1600 - Girls followed by Boys

2:15 PM SMR (200-200-400-800) – Girls followed by Boys

2:45 PM Shuttle Hurdle Relay – Girls followed by Boys

3:30-4:30 PM Coaches/Workers Meal

Running Events: 2nd Session Running Events (All Finals)

5:00 PM Roling Schedule

4 x 100m Relay – Girls followed by Boys

800 Meters – Girls followed by Boys

100m Hurdles – Girls

110m Hurdles – Boys

100m Dash – Girls followed by Boys

4x200m Relay – Girls followed by Boys

400m Dash – Girls followed by Boys

300m Hurdles – Girls followed by Boys

200m Dash – Girls followed by Boys

3200m Run –Girls followed by Boys

4x400m Relay – Girls followed by Boys

Team Awards will be presented after the final race.