

Running Events	TIME	Lanes used	Field Events:	TIME
4 x 100 meter Girls	3:30	2 & 3	SP Girls	3:30
4 x 100 Meter Boys	3:35	2 & 3	Discus Boys	3:30
1600 Meter Girls	3:40		SP Boys	Immediate after girls
1600 Meter Boys	3:50		Discus Girls	Immediate after boys
100/110 Hurdles Combined	4:00	Girls 5 & 6 / Boys 8	HJ Girls	3:30
400 meter Girls	4:05		HJ Boys	Immediately after
400 meter Boys	4:10		LJ/TJ ALL	Open pit until 4:50
100 Meters Girls			PV ALL	3:30
Section 1	4:15			
Section 2	4:18			
Section 3	4:21			
100 Meters Boys				
Section 1	4:25			
Section 2	4:28			
Section 3	4:31			
800 Meter Girls	4:37			
800 Meter Boys	4:42			
300m Hurdles Girls	none			
300m Hurdles Boys	none			
200 Meters Girls				
Section 1	4:55			
Section 2	4:58			
200 Meters Boys				
Section 1	5:00			
Section 2	5:03			
Section 3	5:06			
3200m	none			
4 x 400m Girls	5:15			
4 x 400 m Boys	5:20			