

Running Events	TIME	Lanes used	Field Events:	TIME
4 x 100 Meter FS Boys	4:00	Combined with girls	SP Girls	4:00
4 x 100 meter Girls	4:00	Combined with FS Boys	Discus Boys	4:00
4 x 100 Meter Boys	4:05			
1600 Meter Frosh Boys	4:10		SP Boys	5:00
1600 Meter Girls	4:18		Discus Girls	5:15
1600 Meter Boys	4:25			
			HJ Girls	4:00
			HJ Boys	5:00
100 hurdles girls	4:35	Lanes 4-8		
110 hurdles	4:45	Lanes 6-8		
400 meter FS Boys	4:52		LJ East Pit	Boys Varsity: 4:00
400 meter Girls	4:56		LJ West Pit	Girls Varsity: 4:00
400 meter Boys	5:00		TJ ALL BOYS	5:00
			TJ ALL GIRLS	5:00
100 Meter FS Boys			LJ FS BOYS	5:45
Section 1	5:08			
Section 2	5:10		PV ALL	4:00
Section 3	5:12			
100 Meters Girls				
Section 1	5:16			
Section 2	5:18			
Section 3	5:20			
Section 4	5:22			
Section 5.	5:24			
100 Meter BOYS				
Section 1	5:26			
Section 2	5:28			
800 Meter Boys	5:35			
800 Meter Girls	5:40			
800 Meter Boys	5:45			
300m Hurdles combined	5:52	girls 2-6, boys 7,8		
200 Meters FS Boys				
Section 1	5:58			
Section 2	6:01			
section 3	6:04			
200 Meters Girls				
Section 1	6:07			
Section 2	6:10			
Section 3	6:13			
Section 4	6:16			
200 Meters Boys				
Section 1	6:19			
Section 2	6:20			
3200m	6:25			
4 x 400m Girls	6:40			
4 x 400 m Boys	6:45			