

Expected Running Event time schedule and Field Event Schedules

*This meet will follow a rolling schedule with all running events and **not** a specific time schedule. The schedule below is provided to give coaches and parents an idea of when each running event is expected to start. If it is possible to run ahead of this schedule, however, then we will do so. Once entries are finalized, we will issue an **updated** time schedule which will replace the time schedule provided below.*

Friday (March 20): Running event schedule

Running Events:	Division	Girls	Boys
100 meter dash	Open	6:00	6:20
Distance Medley relay (1200-400-800-1600)	Elite	6:40	7:00
4 x 200 meter relay	Elite	7:20	7:35
Sprint Medley relay (100-100-200-400)	Elite	7:45	7:55
800 meter run	Open	8:05	8:15
1600 meter run: Distance Race of Champions	Elite	8:25	8:35
<i>1600m DRC Awards presentation</i>		8:45	

Friday (March 20): Field event schedule

Field Events	Division	Start	Event time:	Additional Notes:
Girls Long Jump	Open	6:00pm	Open pit: 6-7:30	
Boys Long Jump	Open	6:00pm	Open pit: 6-7:30	
Girls Pole Vault ^{1,2}	Elite	6:00pm		Starting height: 5-00
Boys Pole Vault ^{1,2}	Elite	6:00pm		Starting height: 6-00
Girls High Jump	Elite	6:00pm		Starting height: 3-06

¹ Pole Vault weight certification: 5:00-5:30pm at the location of the event

² Schools entering athletes in Pole Vault must have a Pole Vault certified coach in attendance

Expected Running Event time schedule and Field Event Schedules (cont.)

See comments on the previous page about the running event schedule below.

Saturday (March 21): Running event schedule

Running Events:	Division	Girls	Boys
4 x 800 meter relay	Elite	4:00	4:15
100 meter dash prelims	Elite	4:30	4:48
100 meter hurdles	Elite	5:06	5:16
4 x 100 meter relay	Elite	5:26	5:40
1600 meter run: unseeded sections	Elite	5:50	6:10
100 meter final : Sprint Race of Champions	Elite	6:30	6:35
100m final SRC Awards presentation		7:16	
400 meter dash	Elite	7:26	7:36
800 meter dash	Elite	7:46	7:58
300 meter hurdles	Elite	8:15	8:33
200 meter dash	Elite	8:51	9:05
4 x 400 meter relay	Elite	7:26	7:36
Expected Meet Finish time		9:20	

Saturday (March 21): Field event schedule

Field Events	Division	Start	Event time:	Additional Notes:
Girls Shot Put ³	Elite	3:00pm	Open ring: 3-4:45	6 lb shot put
Boys Shot Put ³	Elite	5:00pm	Open ring: 5-6:45	4 kg shot put
Girls Discus ³	Elite	5:00pm	Open ring: 5-6:45	1 kg discus
Boys Discus ³	Elite	3:00pm	Open ring: 3-4:45	1 kg discus
Boys High Jump	Elite	3:00pm		Starting height: 4-02
Girls Long Jump	Elite	3:00pm	Open pit: 3-5:00	
Boys Long Jump	Elite	3:00pm	Open pit: 3-5:00	
Girls Triple Jump	Elite	5:15pm	Open pit: 5:15-6:30	
Boys Triple Jump	Elite	5:15pm	Open pit: 5:15-6:30	

³ Unless a competitor can certify that their implement is of the appropriate weight (e.g. some implements have the weight printed on the implement itself), we will ask competitors to use the implements we provide.