

MEET EVENT SCHEDULE

Coaches Meeting – 5:15pm (Fri)

Coaches with athletes competing only on Saturday will conduct a brief Coaches Meeting at 2:45pm on Saturday

| Friday (March 22) Running events* | Friday (March 22) Field events |
|--|---------------------------------------|
| <i>Start time is 6:00pm</i> | <i>Start time is 6:00pm**</i> |
| Open Division 100 meter dash | Open Division Girls Long Jump |
| Elite Distance Medley relay [†] | Open Division Boys Long Jump |
| Elite Division 4 x 200m relay | Elite Division Girls Pole Vault |
| Elite 800m Sprint Medley relay ^{††} | Elite Division Boys Pole Vault |
| Open Division 800 meter run | Elite Division Girls High Jump |
| Elite 1600m Race of Champions (seeded) | |

* *running events are girls first, then boys*

** *see Field Event schedule tables below for specific field event start times*

[†] *Distance Medley relay legs are 1200-400-800-1600*

^{††} *Sprint Medley relay legs are 100-100-200-400*

| Saturday (March 23) Running events* | Saturday (March 23) Field events |
|--|---|
| <i>Start time is 4:00pm</i> | <i>Start time is 3:00pm**</i> |
| Elite Division 4 x 800 meter relay | Elite Division Girls Shot Put |
| Elite Division 100m prelims | Elite Division Boys Shot Put |
| Elite Division 100m hurdles | Elite Division Girls Discus |
| Elite Division 4 x 100m relay | Elite Division Boys Discus |
| Elite Division 1600m run (unseeded) | Elite Division Boys High Jump |
| Elite 100m final Race of Champions | Elite Division Girls Long Jump |
| Elite Division 400m dash | Elite Division Boys Long Jump |
| Elite Division 800m run | Elite Division Girls Triple Jump |
| Elite Division 300m hurdles | Elite Division Boys Triple Jump |
| Elite Division 200m dash | |
| Elite Division 4 x 400m relay | |

* *running events are girls first, then boys*

** *see Field Event schedule tables below for specific field event start times*