

Aloha Preview Time Schedule

10:50 AM	National Anthem
TIME SCHEDULE	RUNNING EVENTS
11:00 AM	<i>FS Girls 4x100m Relay (2 heats)</i>
11:05 AM	<i>FS Boys 4x100m Relay (2 heats)</i>
11:10 AM	V Girls 4x100m Relay (2 heats)
11:15 AM	V Boys 4x100m Relay (2 heats)
11:20 AM	<i>FS Girls 1500m (2 heats)</i>
11:35 AM	<i>FS Boys 1500m (2 heats)</i>
11:45 AM	Invitational Girls 1500m (1 heat)
11:50 AM	Invitational Boys 1500m (1 heat)
11:55 AM	V Girls Distance Medley Relay (1 heat)
12:10 PM	V Boys Distance Medley Relay (1 heat)
12:25 PM	<i>FS Girls 100m (7 heats)</i>
12:45 PM	<i>FS Boys 100m (8 heats)</i>
1:05 PM	V Girls 100m (3 heats)
1:15 PM	V Boys 100m (3 heats)
1:25 PM	<i>FS Girls 400m (3 heats)</i>
1:35 PM	<i>FS Boys 400m (5 heats)</i>
1:55 PM	V Girls 400m (2 heats)
2:05 PM	V Boys 400m (2 heats)
2:20 PM	<i>SFGirls 100m High Hurdles (4 heats)</i>
2:30 PM	V Girls 100m High Hurdles (2 heats)
2:40 PM	<i>FS Boys 110m High Hurdles (2 heats)</i>
2:45 PM	V Boys 110m High Hurdles (2 heats)
2:55 PM	<i>FS Girls 800m (4 heats)</i>
3:10 PM	<i>FS Boys 800m (5 heats)</i>
3:25 PM	V Girls 800m (2 heats)
3:30 PM	V Boys 800m (2 heats)
3:40 PM	<i>FS Girls 4x200m Relay (2 heats)</i>
3:50 PM	<i>FS Boys 4x200m Relay (2 heats)</i>
4:00 PM	V Girls 200m (3 heats)
4:10 PM	V Boys 200m (3 heats)
4:20 PM	Invitational Girls 200m (1heat)
4:23 PM	Invitational Boys 200m (1 heat)
4:30 PM	<i>FS Girls 300m Hurdles (3 heats)</i>
4:36 PM	V Girls 300m Hurdles (2 heats)
4:45 PM	<i>FS Boys 300m Hurdles (3 heats)</i>
4:51 PM	V Boys 300m Hurdles (2 heats)
5:00 PM	<i>SF Girls 3000m Run (1 heat)</i>
5:15 PM	<i>FS Boys 3000m Run (1 heat)</i>
5:30 PM	V Girls 3000m Run (1 heat)
5:45 PM	V Boys 3000m Run (1 heat)
6:00 PM	<i>FS Girls 4x400m Relay (1 heat)</i>
6:05 PM	<i>FS Boys 4x400m Relay (2 heats)</i>
6:15 PM	V Girls 4x400m Relay (1 heat)
6:20 PM	V Boys 4x400m Relay (1 heat)

10:30 AM	FIELD EVENTS
	V Boys Long Jump followed by FS Boys Long Jump (West Pit)
	V Girls Long Jump followed by FS Girls Long Jump (East Pit)
	V Boys Javelin followed by FS Boys Javelin
	V Girls High Jump followed by FS Girls High Jump
	V Girls Pole Vault followed by FS Girls Pole Vault
	V Girls Shot Put followed by FS Girls Shot Put
	V Boys Discus followed by FS Boys Discus

	V Boys Triple Jump followed by FS Boys Triple Jump (West Pit)
	V Girls Triple Jump followed by FS Girls Triple Jump (East Pit)
	V Girls Javelin followed by FS Girls Javelin
	V Boys High Jump followed by FS Boys High Jump
	V Boys Pole Vault followed by FS Boys Pole Vault
	V Boys Shot Put followed by FS Boys Shot Put
	V Girls Discus followed by FS Girls Discus