

MEET SCHEDULE

AFTERNOON SESSION	
1:30 pm	Coaches Meeting
	RUNNING EVENTS
2:45 pm	Girls 100m Hurdles
3:10	Boys 110m Hurdles
3:30	Girls 3000m run
3:55	Boys 3000m run
4:20	Girls 100m
4:40	Boys 100m Dash
4:50	Girls 1500m
5:05	Boys 1500m Run
2:30 pm	FIELD EVENTS
	Long Jump/Triple Jump Javelin/Shot Put/Discus High Jump /Pole Vault

TWILIGHT SESSION	
5:30 pm	Opening Ceremony
5:40	Girls Elite Invitational 100 meters
5:50	Boys Elite Invitational 100 meters
6:05	Girls Elite Invitational Twilight Mile
6:25	Boys Elite Invitational Twilight Mile
6:45	Girls 4 x 100 Relay
7:05	Boys 4 x 100 Relay
7:25	Girls 4 x 800 Relay
7:40	Boys 4 x 800 Relay
7:55	Girls 4 x 200 Relay
8:10	Boys 4 x 200 Relay
8:25	Girls DMR
8:40	Boys DMR
8:55	Girls 4 x 400 Relay
9:25	Boys 4 x 400 Relay
9:45	Awards