



Rolling Schedule

Meet Starts at 9:00AM

RUNNING

Hurdles 80/100/110

400M Sprint

3000M Run

100M Sprint

1500M Racewalk

4x100M Relay

800M Run

200M Sprint

1500M Run

4x400 Relay

FIELD EVENTS

LONG JUMP 9AM

TRIPLE JUMP 12PM

SHOT PUT 11AM

DISC 9AM

HIGH JUMP 1PM