**\*\*\*\*\*\*\*Coaches Meeting at 9:30 in the Gym\*\*\*\*\*\*\***

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| **Day 1 - Tuesday May 14th, 2019** | | | |
| **Track** | | **Field** | |
| **Time\*** | **Event** | **Time\*** | **Event** |
| **10:00 am** | 80M Hurdles | **10:00 am** | Special Athletes Shot Put |
| **10:45 am** | 100m Hurdles | **10:15 am** | Jr. Girls High Jump  Int. Boys Shot Put  Sr. Girls Javelin |
| **11:10 am** | Special Athletes 100m | **11:00 am** | Int Girls High Jump  Sr. Boys Shot Put  Jr. Girls javelin |
| **11:20 am** | 400m Dash | **11:45 am** | Sr. Girls High Jump  Jr. Boys Shot Put  Int. Girls Javelin |
|  |  | **12:15 pm** | Special Athletes Long Jump |
| **1:00 pm** | 100m Dash Prelims | **1:00 pm** | Jr. Boys High Jump  Int. Girls Shot Put  Sr. Boys Javelin |
| **2:45 pm** | 1500m Run | **1:45 pm** | Int. Boys high Jump  Sr. Girls Shot Put  Jr. Boys Javelin |
| **4:00 pm** | 100m Dash Finals | **2:30 pm** | Sr. Boys High Jump  Jr. Girls Shot Put  Int. Boys Javelin |

\*All times presented are the estimated start time for the events. Events will be started once the previous event has concluded, so events may start earlier or later than indicated. It is the responsibility of coaches and athletes to make sure that they pay attention to the announcer for calls for their event.

All Scratches must be reported to the event’s staff by a Coach, scratches reported by an athlete will not be accepted. Track scratches should be reported to the Track Marshall.

All track events are scheduled to be run in the following order: Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys

**\*\*\*\*\*\*\*Coaches Meeting at 8:30 in the Gym\*\*\*\*\*\*\***

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| **Day 2 - Wednesday May 15th, 2018** | | | |
| **Track** | | **Field** | |
| **Time\*** | **Event** | **Time\*** | **Event** |
| **9:00 am** | 200m Dash | **10:00 am** | Jr. Girls Triple Jump  Int. Boys Long Jump  Sr. Girls Discus |
| **10:30 am** | 800m Run | **10:45 am** | Int. Girls Triple Jump  Sr. Boys Long Jump  Jr. Girls Discus |
| **12:01 pm** | 4x100m Relay | **12:01 pm** | Sr. Girls Triple Jump  Jr. Boys Long Jump  Int. Girls Discus |
| **1:30 pm** | 3000m Run | **12:45 pm** | Jr. Boys Triple Jump  Int. Girls Long Jump  Sr. Boys Discus |
|  |  | **1:30 pm** | Int. Boys Triple Jump  Sr. Girls Long Jump  Jr. Boys Discus |
| **3:00 pm** | 4x400m Relay | **2:15 pm** | Sr. Boys Triple Jump  Jr. Girls Long Jump  Int. Boys Discus |

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All Scratches must be reported to the event’s staff by a Coach, scratches reported by an athlete will not be accepted. Track scratches should be reported to the Track Marshall.

All track events are scheduled to be run in the following order: Jr. Girls, Jr. Boys, Int. Girls, Int. Boys, Sr. Girls, Sr. Boys