## Participants

## Entries

Format
Seeding of heats will be slowest to fastest, timed finals.
Lane assignments
Curved races: 3-4-5-6-7-8-2-1 Straight races: 4-5-3-6-2-7-1-8

Field events will be 4 trials/open pit with time limit; the order will be lowest entry mark to highest entry mark. If no mark is given, the participant will be placed before the lowest entry mark.

Time Schedule
Order of Events

| $3: 30 \mathrm{pm}$ | Field Judge/Officials Meeting |
| :--- | :--- |
| $3: 45 \mathrm{pm}$ | Equipment Weigh-In |
| $3: 45 \mathrm{pm}$ | Scratch Meeting |
| $4: 05 \mathrm{pm}$ | Coaches Meeting |
| $5: 00 \mathrm{pm}$ | Running Event Officials Meeting |

FIELD EVENTS
4:15pm-6:30pm $\qquad$ Javelin
4:15pm-6:30pm $\qquad$ High Jump
4:15pm-6:30pm $\qquad$ Shot Put
4:15pm-6:30pm $\qquad$ Long Jump
4:15pm-6:45pm $\qquad$ Pole Vault
6:45pm-9:00pm $\qquad$ Discus
6:45pm-9:00pm $\qquad$ Triple Jump

RUNNING EVENTS

| 5:45pm | 3200 m Run |
| :---: | :---: |
|  | 400m Relay |
|  | 100 m Hurdles |
|  | 100 m Dash |
|  | 3200 m Relay |
|  | 800m Relay |
|  | 400 m Dash |
|  | 300 m Hurdles |
|  | 800m Run |
|  | 1600m Medley Relay |
|  | 200m Dash |
|  | 1600 m Run |
|  | 1600m Relay |

