

High School Meet Starting Heights & Progressions:

Boys HJ - 5' 3" (2" increments) Girls HJ - 4' 1" (2" increments)

Boys PV - 9'1"...10'1"...11'1"...12'1"...12'7"...13'1"...13'7"...14'1"...(6" increments)

Girls PV - 7'1"...8'1"...9'1"...9'7"...10'1"...10'7"...11'1"...11'7"...(6" increments)

Field – All field events START AT 12PM PV Pit open at 11 am, Boys, Weight Throw 11 am, All others

11:30 am for warmup.

Boy's & Girl's Long Jump (Separate Pits)

Girl's Weight- Boy's to follow

Boy's Shot-Girl's to follow

- Shot and Weight will be contested simultaneously in separate areas, both on the inside of the track.

Girl's Pole Vault – Boy's to follow

Boy's High Jump – Girl's to follow

Boy's & Girls Triple Jump (Separate Pits)

- Triple Jump will be contested at the conclusion of the Long Jumps; BOTH PITS will be used.

12pm (EST): all running events are Girls first, except for the hurdle prelims and finals, Boys first in

prelims, Girls first in the final.

This is a Rolling Time Schedule.

4x800mR

60m Prelims – 8 to finals

60m Hurdles Prelims – 8 to finals (Boys followed by Girls)

\*only 8 athletes will go to finals if more than 9 athletes are in the prelims.

If less than 8 are entered it will be one heat of 8 final in the hurdles and dash.

600m

400m

1600m

60m Final

60H Final (Girls followed by Boys)

800m

4x200mR

3200m

200m

4x400mR