

Spike Rule: 1/8-inch pyramid spikes are the only accepted spikes. Athletes are only permitted to wear spikes on the Indoor Track and in the Turf Room. **Spikes will be check in and shoes tagged at clerking station.**

Field – All field events **START AT 12PM** PV Pit open at 11am, Boys, Weight Throw 11am, All others 11:30am for warmup.

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

Boys Weight- Girls to follow ONE RING ONLY THIS MEET

Boys Shot AFTER Girls Weight, Girls weight to follow mens weight. ONE RING ONLY THIS MEET

Girl's Pole Vault – Boy's to follow

Boy's High Jump – Girl's to follow

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

Men's Triple Jump – Women to Follow

- Triple Jump will be contested at the conclusion of the Long Jumps; only one pit 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 – 16 to finals

60m Hurdles Prelims – 16 to finals (Boys followed by Girls)

\*only 16 athletes will go to finals if more than 17 athletes are in the prelims.

If less than 16 but more than 8 are entered it will be a one heat of 8 final in the hurdles and dash.

600m

400m

1600m

60m Final

60H Final (Girls followed by Boys)

800m

4x200mR

3200m (Will Combine Genders based on entries)

200m

4x400mR

\*Preferred Lanes for the 200, 400, 4x200mR, and 4x400mR are as follows; 6-5-4-3-2-1

\*Preferred Lanes for the 60m and 60mH are 4-5-3-6-2-7-1-8

\*600, 800, 1600, 3200, 4x800mR, and DMR will all use at waterfall start