

Spike Rule: 1/4-inch pyramid spikes are the longest 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, All others 11:30am for warm up.

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

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

Girl's Shot Put – Boy's to follow

Boy's Weight Throw – Girls to follow

Girl's Pole Vault – Boy's to follow

Boys High Jump Girls to follow

Boys Triple Jump – Girls to Follow

• Triple Jump will be contested at the conclusion of the Long Jumps; **separate 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.

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This is a Rolling Time Schedule starting at 12pm.

4x800mR

60m Prelims – 8 to finals

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

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