

Time (CST)          Event

Running Events

8:00 AM-8:55 AM Warm Ups  
    9:00 AM 60m Dash Prelims  
    9:30 AM 800 Run  
    10:00 AM 60mH Prelims  
    10:30 AM 200m Dash Prelims  
    11:00 AM DMR  
11:30AM-1:00PM Lunch Break  
    1:00 PM 60m Dash Finals  
    1:10 PM 400m Dash  
    1:20 PM 2 Mile Run  
    2:15 PM 60mH Finals  
    2:30 PM 200m Dash Finals  
    2:45 PM 1-mile Run  
    3:15 PM 4x400 Relay  
  
    3:45 PM Projected End Time/Awards

Field Events

    9:00 AM Girls Shot Put  
    9:00 AM Girls Long Jump  
    9:00 AM Girls Pole Vault  
10:30 AM Boys Shot Put  
10:30 AM Boys Long Jump  
11:30 AM Girls High Jump                  Scoreboard Pit  
11:30 AM Boys High Jump                 Backstretch Pit  
12:00 PM Boys Pole Vault  
12:00 PM Girls Triple Jump  
12:00 PM Girls Weight Throw  
    1:30 PM Boys Triple Jump  
    1:30 PM Boys Weight Throw