

Day 2 Schedule - Thursday May 7th Track Events

	Event	
10:30 AM	Hurdles (300m/400m)	NG, JG, SG, NB, JB, SB
11:30 AM	3000m	NG, JG, SG
12:30 PM	200m	NG, JG, SG, NB, JB, SB
	Track Break	
2:30 PM	3000m	NB, JB, SB
3:30 PM	800m	NG, JG, SG, NB, JB, SB

- Timed Finals
 - Seeded entries will run in the last heats from slowest to fastest
 - Unseeded athletes will be placed in the first heats
 - Best efforts will be made to avoid runners from the same school running in the same heat
 - Blocks will be used in the hurdles and 200m events
- *PLEASE ensure ALL athletes have received practice setting up and taking off from the blocks if they plan on using them. This will aid in avoiding unnecessary time delays on the track. This includes athletes NOT using blocks- they should know how to position themselves in the “mark” position behind the starting line.**

Schedule of Field Events

	Shot Put	Discus	Long Jump	Pole Vault
10:00 AM	SG	NG	NB	10:00 AM NG/JG
11:30 AM	JB	SB	NG	NB/JB
12:45 PM	JG	SG	SB	
2:00 PM	NB	JB	SG	1:30 PM SG
3:15 PM	NG	JG	JB	SB
4:30 PM	SB	NB	JG	

- Each competitor will receive 3 attempts
Each competitor’s first legal throw/jump will be measured. All subsequent attempts will only be measured if they are beyond the distance of the 8th place competitor from the first round.