

Event	Age Division	Entrants	Lanes	Heats	Estimate		
					Per Heat	Total	Start Time
							9:00 AM
80mH	11-12 Girls	8	8	1	1:30	1:30	9:00 AM
80mH	11-12 Boys	3	8	1	1:30	1:30	9:01 AM
100mH	<i>reset hurdles</i>	1	8	1	2:00	2:00	9:03 AM
100mH	13-14 Girls	7	8	1	1:30	1:30	9:05 AM
100mH	13-14 Boys	3	8	1	1:30	1:30	9:06 AM
100mH	15-16 Girls	5	8	1	1:30	1:30	9:08 AM
100mH	17-18 Women	5	8	1	1:30	1:30	9:09 AM
110mH	<i>reset hurdles</i>	1	8	1	2:00	2:00	9:11 AM
110mH	15-16 Boys	2	8	1	1:30	1:30	9:13 AM
110mH	17-18 Men	2	8	1	1:30	1:30	9:14 AM
1500m	8 & under Girls	9	20	1	9:00	9:00	9:16 AM
1500m	8 & under Boys	7	20	1	9:00	9:00	9:25 AM
1500m	9-10 Girls	11	20	1	9:00	9:00	9:34 AM
1500m	9-10 Boys	19	20	1	9:00	9:00	9:43 AM
1500m	11-12 Girls	20	20	1	9:00	9:00	9:52 AM
1500m	11-12 Boys	18	20	1	9:00	9:00	10:01 AM
1500m	13-14 Girls	25	20	2	9:00	18:00	10:10 AM
1500m	13-14 Boys	32	20	2	9:00	18:00	10:28 AM
1500m	15-16 Girls	6	20	1	8:00	8:00	10:46 AM
1500m	15-16 Boys	13	20	1	8:00	8:00	10:54 AM
1500m	17-18 Women	2	20	1	8:00	8:00	11:02 AM
1500m	17-18 Men	7	20	1	8:00	8:00	11:10 AM
4x100m relay	8 & under Girls		8	0	2:00	0:00	11:18 AM
4x100m relay	8 & under Boys		8	0	2:00	0:00	11:18 AM
4x100m relay	9-10 Girls	2	8	1	2:00	2:00	11:18 AM
4x100m relay	9-10 Boys	2	8	1	2:00	2:00	11:20 AM
4x100m relay	11-12 Girls		8	0	2:00	0:00	11:22 AM
4x100m relay	11-12 Boys		8	0	2:00	0:00	11:22 AM
4x100m relay	13-14 Girls		8	0	2:00	0:00	11:22 AM
4x100m relay	13-14 Boys		8	0	2:00	0:00	11:22 AM
4x100m relay	15-16 Girls	2	8	1	2:00	2:00	11:22 AM
4x100m relay	15-16 Boys		8	0	2:00	0:00	11:24 AM
4x100m relay	17-18 Women	1	8	1	2:00	2:00	11:24 AM
4x100m relay	17-18 Men	5	8	1	2:00	2:00	11:26 AM
400m	8 & under Girls	19	8	3	2:00	6:00	11:28 AM
400m	8 & under Boys	11	8	2	2:00	4:00	11:34 AM
400m	9-10 Girls	17	8	3	2:00	6:00	11:38 AM
400m	9-10 Boys	27	8	4	2:00	8:00	11:44 AM
400m	11-12 Girls	27	8	4	2:00	8:00	11:52 AM
400m	11-12 Boys	25	8	4	2:00	8:00	12:00 PM
400m	13-14 Girls	30	8	4	2:00	8:00	12:08 PM

Event	Age Division	Entrants	Lanes	Heats	Estimate		
					Per Heat	Total	Start Time
400m	13-14 Boys	22	8	3	2:00	6:00	12:16 PM
400m	15-16 Girls	23	8	3	2:00	6:00	12:22 PM
400m	15-16 Boys	14	8	2	2:00	4:00	12:28 PM
400m	17-18 Women	15	8	2	2:00	4:00	12:32 PM
400m	17-18 Men	23	8	3	2:00	6:00	12:36 PM
100m	8 & under Girls	19	8	3	0:45	2:15	12:42 PM
100m	8 & under Boys	20	8	3	0:45	2:15	12:44 PM
100m	9-10 Girls	20	8	3	0:45	2:15	12:46 PM
100m	9-10 Boys	36	8	5	0:45	3:45	12:48 PM
100m	11-12 Girls	29	8	4	0:45	3:00	12:52 PM
100m	11-12 Boys	26	8	4	0:45	3:00	12:55 PM
100m	13-14 Girls	30	8	4	0:45	3:00	12:58 PM
100m	13-14 Boys	20	8	3	0:45	2:15	1:01 PM
100m	15-16 Girls	20	8	3	0:45	2:15	1:03 PM
100m	15-16 Boys	13	8	2	0:45	1:30	1:06 PM
100m	17-18 Women	11	8	2	0:45	1:30	1:07 PM
100m	17-18 Men	20	8	3	0:45	2:15	1:09 PM
Lunch Break						30:00	1:11 PM
800m	8 & under Girls	15	16	1	5:00	5:00	1:41 PM
800m	8 & under Boys	7	16	1	5:00	5:00	1:46 PM
800m	9-10 Girls	12	16	1	4:30	4:30	1:51 PM
800m	9-10 Boys	29	16	2	4:30	9:00	1:55 PM
800m	11-12 Girls	23	16	2	4:00	8:00	2:04 PM
800m	11-12 Boys	18	16	2	4:00	8:00	2:12 PM
800m	13-14 Girls	24	16	2	4:00	8:00	2:20 PM
800m	13-14 Boys	30	16	2	4:00	8:00	2:28 PM
800m	15-16 Girls	12	16	1	4:00	4:00	2:36 PM
800m	15-16 Boys	14	16	1	4:00	4:00	2:40 PM
800m	17-18 Women	3	16	1	4:00	4:00	2:44 PM
800m	17-18 Men	10	16	1	4:00	4:00	2:48 PM
200m	8 & under Girls	22	8	3	1:00	3:00	2:52 PM
200m	8 & under Boys	20	8	3	1:00	3:00	2:55 PM
200m	9-10 Girls	23	8	3	1:00	3:00	2:58 PM
200m	9-10 Boys	25	8	4	1:00	4:00	3:01 PM
200m	11-12 Girls	29	8	4	1:00	4:00	3:05 PM
200m	11-12 Boys	34	8	5	1:00	5:00	3:09 PM
200m	13-14 Girls	30	8	4	1:00	4:00	3:14 PM
200m	13-14 Boys	22	8	3	1:00	3:00	3:18 PM
200m	15-16 Girls	26	8	4	1:00	4:00	3:21 PM
200m	15-16 Boys	17	8	3	1:00	3:00	3:25 PM
200m	17-18 Women	20	8	3	1:00	3:00	3:28 PM

Event	Age Division	Entrants	Lanes	Heats	Estimate		
					Per Heat	Total	Start Time
200m	17-18 Men	28	8	4	1:00	4:00	3:31 PM
4x400m relay	8 & under Girls	2	8	1	8:00	8:00	3:35 PM
4x400m relay	8 & under Boys	2	8	1	8:00	8:00	3:43 PM
4x400m relay	9-10 Girls		8	0	8:00	0:00	3:51 PM
4x400m relay	9-10 Boys		8	0	8:00	0:00	3:51 PM
4x400m relay	11-12 Girls	2	8	1	7:00	7:00	3:51 PM
4x400m relay	11-12 Boys		8	0	7:00	0:00	3:58 PM
4x400m relay	13-14 Girls	2	8	1	7:00	7:00	3:58 PM
4x400m relay	13-14 Boys	1	8	1	7:00	7:00	4:05 PM
4x400m relay	15-16 Girls	1	8	1	7:00	7:00	4:12 PM
4x400m relay	15-16 Boys		8	0	7:00	0:00	4:19 PM
4x400m relay	17-18 Women	1	8	1	7:00	7:00	4:19 PM
4x400m relay	17-18 Men	2	8	1	7:00	7:00	4:26 PM