

<b>Event</b>	<b>Age Division(s)</b>	<b>Heats</b>	<b>Start Time</b>
3000m	11-12 girls / 13-14 girls / 15-16 girls / 17-18 young women	1	8:00 AM
3000m	11-12 boys / 13-14 boys / 15-16 boys / 17-18 young men	1	8:15 AM
400m	8 & under girls	3	8:30 AM
400m	8 & under boys	2	8:35 AM
400m	9-10 girls	3	8:39 AM
400m	9-10 boys	3	8:45 AM
400m	11-12 girls	3	8:51 AM
400m	11-12 boys	3	8:56 AM
400m	13-14 girls	3	9:02 AM
400m	13-14 boys	3	9:08 AM
400m	15-16 girls / 17-18 young women	1	9:14 AM
400m	15-16 boys / 17-18 young men	1	9:16 AM
1500m	8 & under girls / 8 & under boys	1	9:17 AM
1500m	9-10 girls	1	9:26 AM
1500m	9-10 boys	1	9:35 AM
1500m	11-12 girls	1	9:44 AM
1500m	11-12 boys	1	9:53 AM
1500m	13-14 girls / 15-16 girls / 17-18 young women	1	10:02 AM
1500m	13-14 boys / 15-16 boys / 17-18 young men	2	10:11 AM
100m	8 & under girls	4	10:29 AM
100m	8 & under boys	4	10:32 AM
100m	9-10 girls	5	10:35 AM
100m	9-10 boys	5	10:39 AM
100m	11-12 girls	5	10:43 AM
100m	11-12 boys	5	10:47 AM
100m	13-14 girls	4	10:50 AM
100m	13-14 boys	2	10:53 AM
100m	15-16 girls	2	10:55 AM
100m	15-16 boys / 17-18 young women / 17-18 young men	1	10:56 AM
800m	8 & under girls / 8 & under boys	1	10:57 AM
800m	9-10 girls	1	11:01 AM
800m	9-10 boys	2	11:05 AM
800m	11-12 girls	1	11:13 AM
800m	11-12 boys	1	11:17 AM
800m	13-14 girls / 15-16 girls / 17-18 young women	2	11:21 AM
800m	13-14 boys / 15-16 boys / 17-18 young men	2	11:29 AM
200m	8 & under girls	3	11:37 AM
200m	8 & under boys	4	11:41 AM
200m	9-10 girls	5	11:47 AM

200m	9-10 boys	4	11:54 AM
200m	11-12 girls	5	12:00 PM
200m	11-12 boys	5	12:07 PM
200m	13-14 girls	4	12:14 PM
200m	13-14 boys	2	12:20 PM
200m	15-16 girls	2	12:23 PM
200m	15-16 boys / 17-18 young men	1	12:25 PM
200m	17-18 young women	1	12:27 PM
4x100m	8 & under girls / 8 & under boys	1	12:28 PM
	9-10 girls / 9-10 boys		
	11-12 girls		
4x100m	11-12 boys	1	12:30 PM
	13-14 girls		
	13-14 boys / 15-16 girls		
4x400m	8 & under girls / 8 & under boys / 9-10 girls / 9-10 boys	1	12:35 PM
	11-12 girls / 11-12 boys		
	13-14 girls		