

Generic Dual Meet Schedule

***This is a TENTATIVE time schedule, subject to change. We will run the meet as quickly as possible. Take note of the order of events and amount of heats, times are estimations.**

This schedule has the JV and Varsity 1600 and 800 run in separate heats, we will often combine the JV and Varsity (still separated by boys and girls) heats in these events to save time if the groups are small enough.

4:00 pm	1	Girls	4x100 Relay	4:00 pm	Girls & Boys	Long Jump
4:04 pm	2	Boys	4x100 Relay	4:00 pm	Girls	Discus
4:08 pm	3	Girls	1600m	4:00 pm	Girls & Boys	Pole Vault
4:16 pm	4	Boys	1600m	4:00 pm	Boys	Shot Put
4:24 pm	5	JV Girls	100 Hurdles	4:00 pm	Girls	High Jump
4:27 pm	6	V Girls	100 Hurdles			
4:30 pm	7	JV Boys	110 Hurdles			
4:33 pm	8	V Girls	110 Hurdles			
4:36 pm	9	JV Girls	400m	4:30 pm	Girls & Boys	Triple Jump
4:39 pm	10	V Girls	400m	4:30 pm	Boys	Discus
4:42 pm	11	JV Boys	400m	4:30 pm	Girls	Shot Put
4:45 pm	12	V Boys	400m	4:30 pm	Boys	High Jump
4:48 pm	13	JV Girls	100m			
4:51 pm	14	JV Girls	100m			
4:54 pm	15	JV Girls	100m			
4:57 pm	16	JV Girls	100m			
5:00 pm	17	V Girls	100m			
5:03 pm	18	JV Boys	100m			
5:06 pm	19	JV Boys	100m			
5:09 pm	20	JV Boys	100m			
5:12 pm	21	JV Boys	100m			
5:15 pm	22	V Boys	100m			
5:17 pm	23	JV Girls	800m			

5:22 pm	24	JV Boys	800m			
5:27 pm	25	V Girls	800m			
5:30 pm	26	V Boys	800m			
5:35 pm	27	JV Girls	300h			
5:38 pm	28	V Girls	300h			
5:41 pm	29	JV Boys	300h			
5:44 pm	30	V Boys	300h			
5:47 pm	31	Girls	200m			
5:50pm	32	Girls	200m			
5:53 pm	33	Girls	200m			
5:56 pm	34	Girls	200m			
5:59 pm	35	Boys	200m			
6:02 pm	36	Boys	200m			
6:05 pm	37	Boys	200m			
6:08 pm	38	Girls	3200m			
6:24 pm	39	Boys	3200m			
6:32 pm	40	Girls	4x400 Relay			
6:38 pm	41	Boys	4x400 Relay			