

SPORTS REGULATIONS

K. Track and Field

1. Dual Meet Regulations
 - a. Rules and Directives
 - i. The most current edition of the National Federation of State High School Associations Track & Field Rule Book shall be followed.
 - ii. All CIF-State and CIF-Southern Section directives shall be followed.
2. Team Responsibilities
 - a. Home Team
 - i. The home team shall be responsible for providing an adequate public address system to announce all events for both athletes and spectators.
 - ii. Each event judge shall be provided with the rules governing the events. Head coaches shall be responsible for instructing judges as to the rules governing the event they are officiating.
 - iii. Event head judges shall be knowledgeable faculty members and/or responsible adults only (parents should not judge their own kids). Failure to comply with this rule shall result in forfeiture of all events improperly manned by the home team.
 - iv. The home team is responsible for providing relay zone judges for all three exchange zones in the 4 x 100.
 - v. The home team is responsible for timing the meet. All teams shall submit marks to be recorded on athletic.net within 72 hours.
 - vi. All entries shall be submitted no later than 10 p.m. two (2) days prior to the meet.
 - vii. Heat sheets must be emailed to the visitor team by 12pm day after submission of entries. Any corrections must be made by 10 a.m. on the day prior to the meet. No changes may be made on meet day except in the case athlete illness or injury.
 - viii. Meet set up format shall be listed as Varsity/Scoring and Open.
 - b. Visiting Team
 - i. Visiting teams shall come dressed and ready to compete unless the host team has agreed to other conditions. Visiting head coach will notify via cell phone if they will be late arriving to home school due to unforeseen issues.
 - c. Home and Visiting Teams
 - i. Each school shall be responsible to keep its athletes away from all finish lines and field event areas when those athletes are not competing.

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- ii. Footballs, volleyballs, soccer balls, Frisbees, etc... are not allowed in the warm-up area or areas of competition. Violation of this regulation may result in disqualification from the meet and all previous events in which the athlete(s) competed with places and points adjusted accordingly.
 - iii. An individual listening to an electronic music device in the warm-up area must use earphones. (NFHS prohibits all usage)
3. Dual Meet Competition
- a. The Palomares League Champion will be determined on the basis of dual meet win/loss record. If there is a tie for best record, the teams tied will share League Championship honors.
 - b. Dual meets will begin at 3:30pm or thirty minutes after the visiting team arrives, whichever is later. Visiting Head Coach will notify via cell phone if they will be late arriving to home school due to unforeseen issues. Postponed or canceled meets must be made-up, if possible, by the first mutually agreed upon date or during the week of the league prelims.
 - c. Dual meets shall not be conducted in the same week as league prelims except in the case of a mutually agreed upon make up meet.
 - d. A time schedule may be used at the discretion of the home team. This time schedule must be shared with the visiting team by noon the day before the meet.
 - e. Heat 1 will be the scoring heat. All subsequent heats will be non-scoring heats.
 - f. In a dual meet, each school shall be allowed a maximum of four (4) entries in the scoring (first heat) of each track event. Each team shall be allowed eight(8) entries in the scoring heat of the 800 meters and 1600 meters.
 - i. In a double dual meet, each school shall be allowed a maximum of three entries in the scoring (first heat) of each track event. Each team shall be allowed four (8) entries in the scoring heat of the 800 meters and 1600 meters.
 - ii. Scoring heats in all laned events shall be seeded every other lane per school based on seed times.
 - iii. If the host school has a six-lane track, then each school shall be allowed a maximum of three entries per level in the laned races
 - iv. If the host school has a seven-lane track, then each school shall have three entries in all laned races.

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g. RELAYS

- i. Each school shall be entitled to one (1) scoring team in the relays and unlimited non scoring teams. Scoring and non-scoring teams will run in the same heat if lanes are available.
 - ii. INDIVIDUAL EVENTS- If there are only a few open athletes in a non-scoring heat and open lanes in the scoring heat, non-scoring athletes will be placed in the outside lanes and designated in HYTEK as non-scoring athletes for scoring purposes
- h. In the 3200m, all entered athletes shall be eligible to score.
- i. Each school shall be allowed a maximum of 12 entries in field events. All entered athletes are eligible to score.
- j. All Field Event athletes must complete their attempt within two minutes.
- k. In Shot Put, the home team and the visiting team shall generate a common pool of six shots for use by all athletes. Girls will throw the 4kg and Boys the 12lb.

4. Order of Field Events

a. Long Jump

- i. The Long Jump pit will be open for 90 minutes.
- ii. The event will begin at 3:30pm or 30 minutes after the visiting team arrives, whichever is later.
- iii. There will be no warm-ups or run-throughs after the competition has begun.

b. Triple Jump

- i. The Triple Jump pit will be open for 90 minutes.
- ii. The event will begin 20 minutes after the Long Jump competition concludes.
- iii. There will be no warm-ups or run-throughs after the competition has begun.

c. High Jump

- i. The high jump bar will be raised in 2" increments.
- ii. The order of competition and opening heights follow
 1. Girls Varsity
 2. Boys Varsity

Opening height shall be determined with agreement by the Head Coaches

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d. Pole Vault

i. The pole vault bar will be raised in 6" increments.

ii. The order of competition and opening heights follow:

- | | |
|------------------|--------------------|
| 1. Boys Varsity | Opening Height 8'0 |
| 2. Girls Varsity | Opening Height 6'0 |

Opening height shall be determined with agreement by Head Coaches

e. Shot Put

i. All throws shall be measured.

ii. The order of competition for Shot Put is as follows:

- | |
|---------------------|
| Girls Varsity (4kg) |
| Boys Varsity (12lb) |

f. Discus

i. Each competitor's best marks shall be measured.

ii. The order of competition for Discus is as follows:

- | |
|---------------|
| Boys Varsity |
| Girls Varsity |

5. Order of Track Events (follows the CIF order of events)

1.	G V	4 x 100 Relay	11.	G V	800
2.	B V	4 x 100 Relay	12.	B V	800
3.	G V	1600	13.	G V	300 LH
4.	B V	1600	14.	B V	300 IH
5.	G V	100 H	15.	G V	200
6.	B V	110 HH	16.	B V	200
7.	G V	400	17.	G V	3200
8.	B V	400	18.	B V	3200
9.	G V	100	19.	G V	4 x 400
10.	B V	100	20.	B V	4 x 400

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6. League Prelims / Finals Meet Regulations (Varsity and JV)
 - a. Location and Date of League Prelims and League Finals
 - i. The dates for League Prelims and League Finals shall be set by the Palomares League ADs with coach input.
 - ii. The Palomares League Prelims Meet shall be held on a Saturday when possible. Field Events will begin at 8:30am while Track Events will at 9:00am. When League Prelims are held on a weekday. Field Events will begin at 3:30pm while Track Events will at 4:00pm.
 - iii. The Palomares League Track & Field Finals Meet shall be held the last Friday of the season when possible. Field Events will begin at 2:00pm with throwing events and Track Events at 6:00pm.
 - iv. Postponed meets, either Prelims or Finals, shall be rescheduled at the earliest possible date. An interrupted meet shall begin with those events not completed prior to the interruption. In the event of predicted inclement weather prior to the League Finals, head coaches will propose and agreed upon date in which to conduct the Finals.
 - v. Only contestants, judges, and others assigned to work the meet, plus one photographer from each school paper shall be permitted on the field. Reporters and scouts shall carry on their work from the stands.
7. Meet Management Duties
 - a. The Meet Manager shall:
 - i. Be granted leeway in changing sites and dates if it is determined that facilities are unsafe or detrimental to athletic performance in terms of qualifying athletes for CIF competition
 - ii. Arrange to have the meet auto timed. The Meet Manager shall contract with either a private company or a school in the league that has a f.a.t. system to time both League Prelims and League Finals.
 - iii. Shall schedule a seeding meeting for the League Meet no later than one week prior to the League Prelims.
 - iv. Ensure that a Starter and a Referee/Recall Starter have been assigned to both League Prelims and League Finals.
 - v. Be responsible for communications regarding League Prelims and League Finals, including information regarding the Seeding Process as well as meet schedules

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- vi. Serve as the league's liaison with CIF. In this capacity, the Meet Manager will handle all communications and inquiries from and to CIF, including the submission of the league's entries for CIF competition
 - vii. Designate individuals to serve in the following capacities:
 - 1. Announcer
 - 2. Head Finish Judge
 - 3. Head Field Event Judge
 - 4. Head of Medal Presentation
 - 5. Head Relay Judge (this person will also judge the break in the 1600, 800, and 4 x 400)
 - viii. arrange for the printing and sale of programs and t-shirts
- b. The Clerk of the Course shall:
- i. Check-in all athletes competing in track events
 - ii. Notify athletes of their heat and lane assignments
 - iii. Provide athletes with hip numbers purchased by the Clerk of the Course school (this purchase will be submitted to the League for reimbursement from the monies collected for admission to League Prelims and League Finals)
 - iv. Designate a "wrangler" to walk track athletes to their event, place them in their respective lanes, and provide the timing staff with the list of athletes participating in the event
- c. The Host School shall:
- i. Provide a trainer for both League Prelims and League Finals
 - ii. Turn and level all Long Jump / Triple Jump pits prior to competition
 - iii. Set up the High Jump and Pole Vault pads, ensure the proper placement of the standards, and provide two cross-bars for both the High Jump and Pole Vault
 - iv. Mark the throwing sectors for both the Discus and Shot Put
 - v. Place Hurdles adjacent to the track at the hurdle marks for the Girls 100 Hurdles race
 - vi. Appoint two individuals to be responsible for starting block placement and removal
 - vii. Designate an adult to head-up clean-up of the facility and provide trash bags for each school so that each school can clean up their area

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- viii. Provide all necessary equipment for the running of each field event (this includes brooms, rakes, and shovels as well as clipboards and tape measures)
 - ix. Ensure that a scale for weighing implements is available
 - x. Arrange for a suitable warm-up area
 - xi. Ensure that all sprinkler systems are turned off during times of competition
 - xii. Notify the Meet Manager of site requirements such as parking, restroom access, location of entrances, spike size, etc...
 - xiii. Charge for admission per Palomares League regulations
- d. All schools are responsible for:
- i. Providing one coach or school representative to serve as a 4 x 100 zone judge (the goal is two judges per zone).
- e. Schools assigned Field Event responsibilities are required to supply the appropriate number of individuals to run the field event(s) to which they have been assigned:
- i. High Jump / Pole Vault – each event requires one adult to judge and record makes/misses and two students to replace the cross-bar and raise the standards (total of two adults and 4 students)
 - ii. Long Jump / Triple Jump – each event will have two pits with each pit requiring one adult to judge fair/foul jumps and to record the mark, one adult to mark the jump, one student to pull the tape measure, and at least one student to rake (total of four adults and four students)
 - iii. Discus / Shot Put – each event requires one adult to judge fair/foul throws and to record the mark, one adult to supervise the marking of throws, one student to pull the tape measure, and one student to return implements (total of four adults and four students)

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8. Procedures for Qualifying for League Prelims

- a. Each team shall be guaranteed 3 (three) and 3 (three) varsity entries into league prelims per event.
- b. Each school is entitled to seven (7) wild-card entries per gender in addition to their guaranteed entries per event, other than relays.
- c. A team may enter more than four athletes in the Boys and Girls Varsity and more than four athletes in the Boys and Girls JV competition provided each additional athlete entered has a mark/time equal to or better than the At-Large standard for their level of participation.

9. At-Large Entry Standards- all times are f.a.t.

100m	BV-11.85	GV-13.65	BJV-12.20	GJV-14.30
200m	BV-24.45	GV-28.45	BJV-24.90	GJV-28.90
400m	BV-54.55	GV-65.55	BJV-56.90	GJV-67.90
800m	BV-2:10.00	GV-2:39.00	BJV-2:18.00	GJV-3:00.00
1600m	BV-4:50.00	GV-5:50.00	BJV-5:00.00	GJV-6:30.00
3200m	BV-10:30.00	GV-12:30.00	BJV-11:00.00	GJV-13:30.00
100mh/110HH	BV-17.90	GV-19.60	BJV-18.90	GJV-20.60
300H	BV-45.00	GV-55.00	BJV-47.40	GJV-56.40
LJ	BV-18'6	GV-14'6	BJV-18'	GJV-13'9
TJ	BV-38'	GV-30'0	BJV-38'	GJV-28'6
HJ	BV-5'6	GV-4'6	BJV-5'4	GJV-4'4
PV	BV-10'	GV-7'	BJV-9'6	GJV-6'6
SP	BV-39'	GV-27'	BJV-37'	GJV-25'
DT	BV-110'	GV-70'	BJV-90'	GJV-65'

10. Seeding for League Prelims

- a. Seeding shall be based on marks achieved in dual meet or invitational meet competition from the current season.
- b. All marks for seeding purposes must be recorded on athletic.net as athletic.net will serve as the official database for seed marks/times for League Prelims. Consequently, all schools are required to post their meet results within 72 hours of the meet in which qualifying marks/times were earned.

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11. Qualifying for League Finals

- a. All athletes must qualify for League Finals by competition in League Prelims.
- b. There are two exceptions to the aforementioned rule.
 - i. First, in cases of obvious mechanical or human error an athlete may be moved into League Finals by a majority vote of head coaches.
 - ii. Second, an injured athlete who has already met the CIF at-large standard for her/his CIF Division may, by majority agreement of the Head Coaches, be advanced to League Finals in their particular event(s). In such situations the injured athlete shall be given an N.T. or N.M. for seeding purposes in League Finals.
- c. If a Field Event has 12 or fewer athletes scheduled to compete **or** if 12 or fewer athletes check-in for a Field Event then that event will move directly to Finals without a competition being held at League Prelims. In such cases, athletes will be seeded for League Finals competition based on the seed marks submitted for League Prelim Competition.
- d. If a laned Track Event has the same number or fewer competitors than the lanes available at the host school, then that event will be moved directly to League Finals. In such cases, athletes will be seeded for League Finals competition based on the seed marks submitted for League Prelim Competition.
- e. If the 800 or the 1600 has 16 or fewer athletes scheduled to compete **or** if 16 or fewer athletes check-in for their respective race then that event will move directly to League Finals. In such cases, athletes will be seeded for League Finals competition based on the seed marks submitted for League Prelim Competition.
- f. The heat winners plus the next fastest times to 8 / 9 athletes (number depends on the number of lanes available at the host school) will advance to League Finals in all of the laned races.
- g. In the 800 and 1600 races, the top two finishers in each heat plus the next fastest times to 16 athletes will advance from Prelims to Finals.
- h. No flight in the League Prelims of the throws or horizontal jumps shall consist of more than 12 athletes.
 - i. If a Field Event competition is held then the top 12 performers will advance to Finals. Should a tie for 12th place occur then all competitors tied for 12th will be moved onto League Finals.
- i. The following events shall be conducted as Finals at League Prelims:

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Boys and Girls JV Field Events

- j. Any athlete who qualifies from prelims into finals and wants to drop an event should have their head coach notify the meet manager ASAP prior to league finals so that the next alternate may be notified. The Meet Manager will then notify the Head Coach of the alternate of the opportunity for their athlete to compete. If the Head Coach decides not to have the alternate take the spot then the Meet Manager will contact the Head Coach of the next athlete on the list, continuing until the field is full.

12. League Prelims/Finals Meet General Plan – Event Instructions/FIELD EVENTS

(Coaches: Please inform your event judges and athletes of the following before the meet:)

- a. Athletes are to check-in for their event immediately when called. If they do not check-in BEFORE the event starts, they will be scratched. If a contestant is in more than one field event at the same time, they must check-in to ALL events BEFORE the events start or they will be scratched.
- b. After checking out to another event, the competitor must return to competition within 10 minutes or be passed.
- c. The 1-minute time limit in field events will be enforced.
- d. Athletes must follow National Federation of State High School Associations Track & Field Rule Book regarding uniforms.
- e. In the pole vault and high jump, should a tie occur for 3rd, the National Federation Rule for breaking ties will be in effect.
- f. The 1-minute time limit in field events will be enforced.
- g. Athletes must follow National Federation of State High School Associations Track & Field Rule Book regarding uniforms.
- h. In the pole vault and high jump, should a tie occur for 3rd, the National Federation Rule for breaking ties will be in effect.

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Field Event Instructions Long Jump / Triple Jump

Prelims/Finals Same Day

1. All approach measurements must be made before the event level begins.
2. Jumpers will jump in reverse order of best jumps- worst to best.
3. There will be two to five minutes between each flight for the next flight to check their step. No measurements of approach will be made at this time!
4. Each jumper will get three attempts.
5. The top 12 will qualify for the final round and receive three (3) additional jumps.
6. Final places will be determined on the best of six total attempts.

Prelims

1. All approach measurements must be made before the event level begins.
2. Jumpers will jump in reverse order of best jumps- worst to best.
3. There will be two to five minutes between each flight for the next flight to check their step. No measurements of approach will be made at this time!
4. Each jumper will get three attempts.
5. The top 12 plus ties will qualify for the final round.

Finals

1. Finalists will jump in reverse order of their preliminary marks.
2. Each jumper will get four attempts. All legal jumps will be measured.
3. Places will be determined by the best mark in the final round only.

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Field Event Instructions High Jump

Prelims/Finals Same Day

Starting Heights: Shall be determined at the League Prelims seeding meeting.

1. All approach measurements must be made before the event level begins.
2. Flights of five alive starting in reverse order of best jumps.
3. The bar will be raised 2" at a time or to heights of CIF qualifying of all CIF divisions represented in our league, and then the bar will be raised 2" at a time until one competitor remains. It will then be raised to whatever height the remaining competitor requests.

Prelims

Starting Heights: Shall be determined at the League Prelims seeding meeting.

1. All approach measurements must be made before the event level begins.
2. Flights of five alive starting in reverse order of best jumps.
3. The bar will be raised 2" at a time until nine competitors remain.

Finals

Starting Height: 2" below the last qualifier from Prelims competition

1. All approach measurements must be made before the event level begins.
2. Finalists will jump in reverse order of their preliminary marks.
3. The bar will be raised 2" at a time or to heights of CIF qualifying of all CIF divisions represented in our league, and then the bar will be raised 2" at a time until one competitor remains. It will be raised to whatever height the remaining competitor requests.

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Field Event Instructions Pole Vault

Prelims/Finals-Same Day

Starting Heights: Shall be determined at the League Prelims seeding meeting.

1. All approach measurements must be made before the event level begins.
2. Flights of five alive starting in reverse order of best jumps.
3. The bar will be raised 6" at a time or to heights of CIF qualifying of all CIF divisions represented in our league. Once one competitor remains then the bar will be raised to whatever height the remaining competitor requests.

Prelims

Starting Heights: Shall be determined at the League Prelims seeding meeting.

1. All approach measurements must be made before the event level begins.
2. Flights of five alive starting in reverse order of best jumps.
3. The bar will be raised 6" at a time until nine competitors remain.

Finals

Starting Heights: All levels start 6 inches below last qualifier in prelims.

1. All approach measurements must be made before the event level begins.
2. Finalists will jump in reverse order of their preliminary marks.
3. The bar will be raised 6" at a time or to heights of CIF qualifying of all CIF divisions represented in our league. Once one competitor remains then the bar will be raised to whatever height the remaining competitor requests.

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Field Event Instructions Shot Put / Discus

Prelims/Finals Same Day

1. Flights start in reverse order of best marks.
2. There will be ten minutes between each flight for the next flight to take practice throws.
3. Each thrower will get three attempts. All legal marks will be measured.
4. The top 12 plus ties will qualify for the final round and receive three (3) additional throws.
5. Final places will be determined on the best of six total attempts.

Prelims

1. Flights starting in reverse order of best marks.
2. There will be ten minutes between each flight for the next flight to take a practice throw.
3. Each thrower will get three attempts. In the shot put, all legal marks will be measured. In the discus, the furthest legal mark will be measured. If there is a question as to the furthest mark, then a second marker will be used.
4. The top 12 plus ties will qualify for the final round.

Finals

1. Finalists will compete in reverse order of their preliminary marks.
2. Each thrower will have four attempts. All legal marks will be measured.
3. Places will be determined by the best mark in the finals round only.

ALL IMPLEMENTS MUST BE WEIGHED AND MARKED BY MEET MANAGEMENT PRIOR TO THE START OF PRELIMS/FINALS COMPETITION

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GENERAL INSTRUCTIONS

All competitors **MUST CHECK IN WITH THE CLERK OF THE COURSE BEFORE THE FINAL CALL FOR THEIR EVENT OR THEY WILL BE SCRATCHED.**

ATHLETES MUST NOT REPORT DIRECTLY TO THE STARTER. They will be escorted to their start line. Contestants are **NOT** to remain on the field or track after their event.

3/16" or less pyramid spikes are required in all running events.

If a tie occurs in a running event, a run-off will be held 20 minutes after the last race to determine the League Finals Qualifier or CIF qualifier. Run-offs will be in the same order as the original order of events.

PARTICIPANTS

All participants must remain in the stands or designated warm-up area during the meet.

Competitors, coaches without meet issued identification, and spectators will not be allowed on the infield. HJ, LJ, TJ, and PV competitors' warm-up in the warm-up areas or on the runways only. The track and infield will be off limits for warm-up purposes.

Absolutely no footballs, volleyballs, soccer balls, Frisbees, etc. will be allowed in the warm-up areas. Use of such items could result in disqualification from the meet, all events participated in, and places and points adjusted accordingly.

AWARDS

The first-place finisher in each varsity event will receive a League Champion Patch. Second and third place finishers will receive medals at the conclusion of their event. Qualifiers to CIF will be based on CIF rules and standards.

LEAGUE MVP

At the conclusion of the meet, the head coaches shall select a League MVP for the track events and a League MVP for the field events. Selection will be based on the athlete's performance at the League Finals.

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RELAY TEAMS

If a relay team qualifies for CIF the coach must report names and grade levels of the 4 members and 4 alternates of the team to the Meet Manager before leaving the meet. The coach should check on the rules for use of alternates.

CIF DECLARATIONS

Head coaches must declare any CIF scratches no later than 30 minutes after the conclusion of the League Finals meet.

LEAGUE PRELIMS – ORDER OF EVENTS

FIELD EVENTS

Competition begins at 8:30a.m. when on a Saturday

Competition begins at 3:30p.m. when on a weekday

Pole Vault 1. Boys V Prelims 2. Girls V Prelims 3. Boys JV Finals 4. Girls <u>JV</u> Finals	High Jump 1. Girls V Prelims 2. Boys V Prelims 3. Boys JV Finals 4. Girls JV Finals
Long Jump / Triple Jump – Pit #1 1. Boys JV Finals	Long Jump / Triple Jump – Pit #2 1. Girls JV Finals
Shot Put 1. Boys JV Finals 2. Girls JV Finals	Discus 1. Girls JV Finals 2. Boys JV Finals

Note: The order for LJ/TJ competition will be BJV /GJV if the facility only has one LJ/TJ pit. Additionally, Boys and Girls JV field events will be contested as Prelims/ Finals Same Day

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TRACK EVENTS

Competition begins at 9:00a.m. when on a Saturday

Competition begins at 4:00p.m. when on a weekday

1. 1600 Girls <u>JV</u>	Note: If an event is not run due to lack of entries there will be a 10-minute break so that there will be adequate rest time between events.	17. 800 Girls JV
2. 1600 Girls V		18. 800 Girls V
3. 1600 Boys JV		19. 800 Boys JV
4. 1600 Boys V		20. 800 Boys V
5. 100 H Girls JV		21. 300 LH Girls JV
6. 100 H Girls V		22. 300 LH Girls V
7. 110 HH Boys JV		23. 300 IH Boys JV
8. 110 HH Boys V		24. 300 IH Boys V
9. 400 Girls JV		25. 200 Girls JV
10. 400 Girls V		26. 200 Girls V
11. 400 Boys JV		27. 200 Boys JV
12. 400 Boys V		28. 200 Boys V
13. 100 Girls JV		
14. 100 Girls V		
15. 100 Boys JV		
16. 100 Boys V		

LEAGUE FINALS – ORDER OF EVENTS

FIELD EVENT COMPETITION BEGINS AT 4:00 p.m.

High Jump

1. Girls Varsity
2. Boys Varsity

Pole Vault

1. Boys Varsity
2. Girls Varsity

*** Starting Height for HJ will be 2" below the last qualifier and while the PV will be 6" below the last qualifier at League Prelims

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Long Jump

Pit #1

Boys Varsity

Pit #2

Girls Varsity

Triple Jump***

Pit #1

Boys Varsity

Pit #2

Girls Varsity

*** Triple Jump competition begins 20 minutes after the conclusion of Long Jump competition

Shot Put-Shot put and Discus events start time should be 2:00pm

1. Girls Varsity

2. Boys Varsity

Discus

1. Boys Varsity

2. Girls Varsity

TRACK COMPETITION BEGINS AT 5:00 p.m.

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5:00pm 4 x 100 Girls JV	6:35pm 800 Girls JV
4 x 100 Girls V	800 Girls V
4 x 100 Boys JV	800 Boys JV
4 x 100 Boys V	800 Boys V
5:20pm 1600 Girls JV	7:00pm 300 LH Girls JV
1600 Girls V	300 LH Girls V
1600 Boys JV	300 IH Boys JV
1600 Boys V	300 IH Boys V
5:50pm 100 H Girls JV	7:20pm 200 Girls JV
100 H Girls V	200 Girls V
110 HH Boys JV	200 Boys JV
110 HH Boys V	200 Boys V
6:10pm 400 Girls JV	7:30pm 3200 Girls JV
400 Girls V	3200 Girls V
400 Boys JV	3200 Boys JV
400 Boys V	3200 Boys V
6:25pm 100 Girls JV	8:30pm 4 x 400 Girls JV
100 Girls V	4 x 400 Girls V
100 Boys JV	4 x 400 Boys JV
100 Boys V	4 x 400 Boys V