|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Time |  | Event  |  | Time |  | Event |  | Time |  | Event |
|  |  |  |  |  |  |  |  |  |
| 10:00 AM | Open Girls | 1500m SC | FINAL | 1:00PM | Midget Girls | 400m | Timed Sections | 3:00PM | Midget Girls | 1500m | Timed Sections |
|  | Open Boys | 2000m SC | FINAL |  | Junior Girls | 400m | Timed Sections |  | Junior Girls | 1500m | Timed Sections |
|  |  |  |  |  | Senior Girls | 400m | Timed Sections |  | Senior Girls | 1500m | Timed Sections |
| 10:30AM | Midget Girls | 80mH | Heats |  | Midget Boys | 400m | Timed Sections |  | Midget Boys | 1500m | Timed Sections |
|  | Junior Girls | 80mH | Heats |  | Junior Boys | 400m | Timed Sections |  | Junior Boys | 1500m | Timed Sections |
|  | Senior Girls | 100mH | Heats |  | Senior Boys | 400m | Timed Sections |  | Senior Boys | 1500m | Timed Sections |
|  | Midget Boys | 100mH | Heats |  |  |  |  |  |  |  |  |
|  | Junior Boys | 100mH | Heats | 1:30PM | Midget Girls | 200m | Timed Final | 3:30 | Midget Girls | 4 X 100 relay | Timed Sections |
|  | Senior Boys  | 110mH | Heats |  | Junior Girls | 200m | Timed Final |  | Junior Girls | 4 x 100 relay | Timed Sections |
|  |  |  |  |  | Senior Girls | 200m | Timed Final |  | Senior Girls | 4 x 100 relay | Timed Sections |
| 11:00AM | Midget Girls | 3000m | FINAL |  | Midget Boys | 200m | Timed Final |  | Midget Boys | 4 x 100 relay | Timed Sections |
|  | Junior Girls | 3000m | FINAL |  | Junior Boys | 200m | Timed Final |  | Junior Boys | 4 x 100 relay | Timed Sections |
|  | Senior Girls | 3000m | FINAL |  | Senior Boys | 200m | Timed Final |  | Senior Boys | 4 x 100 relay | Timed Sections |
|  |  |  |  |  |  |  |  |  |  |  |  |
| 11:30AM | Midget Girls | 80mH | FINAL | 2:00PM | Midget Girls | 800m | FINAL | 4:00PM | Open Girls | 4 x 400 relay | Timed Sections |
|  | Junior Girls | 80mH | FINAL |  | Junior Girls | 800m | FINAL |  | Open Boys | 4 x 400 relay | Timed Sections |
|  | Senior Girls | 100mH | FINAL |  | Senior Girls | 800m | FINAL |  |  |  |  |
|  | Midget Boys | 100mH | FINAL |  | Midget Boys | 800m | FINAL |  |  |  |  |  |
|  | Junior Boys  | 100mH | FINAL |  | Junior Boys | 800m | FINAL |  |  |  |  |
|  | Senior Boys | 110MH | FINAL |  | Senior Boys | 800m | FINAL |  |  |  |  |
|  |  |  |  |  | Para | 800m | FINAL |  |  |  |  |
| 12:00PM | Midget Boys | 3000m | FINAL |  |  |  |  |  |  |  |  |
|  | Junior Boys | 3000m | FINAL | 2:30PM | Midget Girls | 300mH | Timed Sections |  |  |  |  |
|  | Senior Boys | 3000m | FINAL |  | Junior Girls  | 300mH | Timed Sections |  |  |  |  |
|  |  |  |  |  | Senior Girls | 400mH | Timed Sections |  |  |  |  |
| 12:30PM | Midget Girls | 100m | Heats |  | Midget Boys | 300mH | Timed Sections |  |  |  |  |
|  | Junior Girls | 100m | Heats |  | Junior Boys  | 300mH | Timed Sections |  |  |  |  |
|  |  Senior Girls | 100m | Heats |  | Senior Boys | 400mH | Timed Sections |  |  |  |  |
|  | Midget Boys | 100m | Heats |  |  |  |  |  |  |  |  |
|  | Junior Boys | 100m | Heats | 2:45PM | Midget Girls  | 100m | A/B FINAL |  |  |  |  |
|  | Senior Boys | 100m | Heats |  | Junior Girls | 100m | A/B FINAL |  |  |  |  |
|  | Para | 100m | Heats |  | Senior Girls | 100m | A/B FINAL |  |  |  |  |
|  |  |  |  |  | Midget Boys | 100m | A/B FINAL |  |  |  |  |
|  |  | Junior Boys | 100m | A/B FINAL |  |  |  |  |
|  |  |  |  |  | Senior Boys | 100m | A/B FINAL |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |

\* Top 6 will go onto the FINAL. If only one heat it will be the FINAL.

\* 3000m, 1500m and 800m races may be combined.

**PLEASE BE AWARE THAT THE TRACK MAY RUN UP TO 30 MINUTEs AHEAD OF SCHEDULE**