

**Thursday, March 25, 2021 -
SESSION 1**

Stadium Events- Session 1		
10:00 AM	BOYS - Middle School Long Jump	FINAL
10:00 AM	BOYS - Middle School Pole Vault	FINAL
10:00 AM	BOYS - Middle School 110m Hurdles (33")	Qualifying
10:15 AM	BOYS - Freshman 110m Hurdles (39")	Qualifying
10:30 AM	GIRLS - Middle School 100m Hurdles (30")	Qualifying
10:45 AM	GIRLS - Freshman 100m Hurdles (33")	Qualifying
11:00 AM	Decathlon 100m	Decathlon
11:00 AM	BOYS - Middle School High Jump	FINAL
11:25 AM	Middle School - 100m	Qualifying
11:55 AM	Freshman - 100m	Qualifying
12:25 PM	Middle School - 400m	FINAL
12:55 PM	Freshman - 400m	FINAL
1:00 PM	GIRLS - Middle School Pole Vault	FINAL
1:00 PM	GIRLS - Middle School Long Jump (pit 1)	FINAL
1:25 PM	BOYS - Middle School 110m Hurdles (33")	FINAL
1:30 PM	BOYS - Freshman 110m Hurdles (39")	FINAL
1:30 PM	GIRLS - Middle School High Jump	FINAL
1:30 PM	Decathlon Long Jump (pit 2)	Decathlon
1:35 PM	GIRLS - Middle School 100m Hurdles (30")	FINAL
1:40 PM	GIRLS - Freshman 100m Hurdles (33")	FINAL
1:45 PM	Middle School - 100m	FINAL
1:50 PM	Freshman - 100m	FINAL

Shot Put Events - Session 1		
10:00 AM	BOYS - Middle School Shot Put (4kg)	FINAL
12:30 PM	GIRLS - Middle School Shot Put (6 lb)	FINAL

Discus/Hammer Events - Session 1		
10:00 AM	BOYS - Freshman Discus (1.6kg)	FINAL
12:30 PM	GIRLS - Freshman Discus (1kg - same as HS)	FINAL

Javelin Events - Session 1		
10:00 AM	GIRLS - Middle School Javelin (600g)	FINAL
12:30 PM	BOYS - Middle School Javelin (600g)	FINAL

Thursday, March 25, 2021 - SESSION 2

Stadium Events - Session 2		
3:00 PM	BOYS - Freshman Pole Vault	FINAL
3:00 PM	BOYS - Middle School Triple Jump	FINAL
3:00 PM	Middle School - 800m	FINAL
3:30 PM	Freshman - 800m	FINAL
4:00 PM	Middle School - 200m	Qualifying
4:15 PM	Freshman - 200m	Qualifying
4:30 PM	Middle School - 2 Miles	FINAL
5:15 PM	Freshman - 2 Miles	FINAL
5:30 PM	Decathlon High Jump	Decathlon
6:00 PM	Middle School - 200m	FINAL
6:00 PM	GIRLS - Freshman Pole Vault	FINAL
6:00 PM	GIRLS - Middle School Triple Jump	FINAL
6:15 PM	Freshman - 200m	FINAL
7:30 PM	Decathlon 400m	Decathlon

Shot Put Events - Session 2		
3:00 PM	Decathlon Shot Put	Decathlon

Discus/Hammer Events - Session 2		
3:00 PM	BOYS - Middle School Discus (1kg)	FINAL
5:30 PM	GIRLS - Middle School Discus (1kg)	FINAL

Javelin Events - Session 2		
	none	

Friday, March 26, 2021 - SESSION 3

Stadium Events - Session 3		
8:00 AM	Decathlon 110 Hurdles	Decathlon
8:30 AM	GIRLS - Championship 3000m Racewalk	FINAL
8:30 AM	BOYS - Freshman High Jump	FINAL
8:30 AM	GIRLS - Emerging Elite Pole Vault	FINAL
8:30 AM	BOYS - Freshman Long Jump	FINAL
8:55 AM	GIRLS - Emerging Elite - 4x800 Relay	FINAL
9:25 AM	BOYS - Championship 3000m Racewalk	FINAL

9:45 AM	BOYS - Emerging Elite - 4x800 Relay	FINAL
10:20 AM	BOYS - Emerging Elite - 110H	Qualifying
10:35 AM	GIRLS - Emerging Elite - 100H	Qualifying
10:50 AM	Emerging Elite - One Mile Run	FINAL
11:30 AM	Emerging Elite - 100m	Qualifying
11:30 AM	GIRLS - Freshman High Jump	FINAL
11:30 AM	GIRLS - Freshman Long Jump	FINAL
11:50 AM	Championship Swedish Relay (100-200-300-400)	FINAL
12:00 PM	Decathlon Pole Vault	Decathlon
12:35 PM	Emerging Elite - 4x200m Relay	FINAL

Shot Put Events - Session 3

9:00 AM	BOYS - Freshman Shot Put (12lb)	FINAL
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Discus/Hammer Events - Session 3

10:00 AM	Decathlon Discus	Decathlon
12:00 PM	GIRLS - Emerging Elite Hammer	FINAL

Javelin Events - Session 3

	none	
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Friday, March 26, 2021 - SESSION 4

Stadium Events - Session 4

3:00 PM	BOYS - Emerging Elite High Jump	FINAL
3:00 PM	BOYS - Emerging Elite Pole Vault	FINAL
3:00 PM	BOYS - Freshman Triple Jump	FINAL
3:00 PM	Emerging Elite 1600m Medley	FINAL
3:50 PM	BOYS - Emerging Elite - 110m Hurdles	FINAL
3:55 PM	GIRLS - Emerging Elite - 100m Hurdles -	FINAL
4:00 PM	Emerging Elite 800m Medley	FINAL
5:30 PM	Emerging Elite -100m	FINAL
5:35 PM	Freshman Mile	FINAL
6:00 PM	GIRLS - Freshman Triple Jump	FINAL
6:05 PM	Decathlon 1500m	Decathlon
6:20 PM	Middle School Mile	FINAL
6:50 PM	Championship 5000 Meters	FINAL

Shot Put Events - Session 4

3:00 PM	GIRLS - Freshman Shot Put (4kg)	FINAL
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Discus/Hammer Events - Session 4

3:00 PM	BOYS - Emerging Elite Discus	FINAL
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Javelin Events - Session 4

3:00 PM	Decathlon Javelin	Decathlon
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**Saturday, March 27, 2021 -
Session 5**

Stadium Events - Session 5

8:30 AM	BOYS - Emerging Elite Long Jump	FINAL
8:30 AM	Championship 4x200m Relay	FINAL
9:00 AM	Championship 100m	Qualifying
9:30 AM	BOYS - Championship 110m Hurdles	Qualifying
9:50 AM	GIRLS - Championship 100m Hurdles	Qualifying
10:10 AM	Heptathlon 100m Hurdles	Heptathlon
10:20 AM	Emerging Elite - 200m	Qualifying
11:00 AM	GIRLS - Championship Pole Vault (unseeded)	FINAL
11:00 AM	Championship 2000m SteepleChase	FINAL
11:30 AM	GIRLS - Emerging Elite Long Jump	FINAL
11:50 AM	Emerging Elite - 4x100 Relay	Qualifying
12:00 PM	Heptathlon High Jump	Heptathlon
12:20 PM	Championship 1600m Medley Relay	FINAL
1:10 PM	Emerging Elite - 200m	FINAL
1:20 PM	Championship 100m	FINAL

Shot Put Events - Session5

8:30 AM	BOYS - Emerging Elite - Shot Put	FINAL
11:30 AM	BOYS - Championship Shot Put	FINAL

Discus/Hammer Events - Session 5

8:00 AM	GIRLS - Emerging Elite Discus	FINAL
11:00 AM	GIRLS - Championship Discus	FINAL

Javelin Events - Session 5

8:30 AM	GIRLS - Emerging Elite Javelin	FINAL
11:30 AM	BOYS - Emerging Elite Javelin	FINAL

**Saturday, March 27, 2021 -
Session 6**

Stadium Events - Session 6

2:30 PM	GIRLS - Emerging Elite High Jump	FINAL
2:30 PM	GIRLS - Championship Pole Vault (seeded)	FINAL
2:30 PM	GIRLS Championship Triple Jump	FINAL
2:30 PM	Emerging Elite - 2 Mile Run	FINAL
3:20 PM	GIRLS - Championship 2 Mile Run (unseeded)	FINAL
3:35 PM	BOYS - Championship 2 Mile Run (unseeded)	FINAL
3:50 PM	Emerging Elite - 4x100 Relay	FINAL
4:00 PM	Championship 4x100m Relay	Qualifying
4:30 PM	Emerging Elite - 400m	FINAL
5:05 PM	GIRLS - Championship 2 Mile Run (Top seeded section)	FINAL
5:20 PM	Heptathlon 200m	Heptathlon
5:30 PM	BOYS - Championship 2 Mile Run (Top seeded section)	FINAL
5:30 PM	BOYS - Championship Triple Jump	FINAL
5:45 PM	BOYS- Championship 110 H	FINAL
5:50 PM	GIRLS- Championship 100H	FINAL
5:55 PM	Mixed 4x400m	FINAL
6:25 PM	Championship 4x800m Relay	FINAL

Shot Put Events - Session 6

2:30 PM	Heptathlon Shot Put	Heptathlon
4:30 PM	GIRLS - Championship Shot Put	FINAL

Discus/Hammer Events - Session 6

2:00 PM	BOYS - Emerging Elite - Hammer	FINAL
5:00 PM	BOYS - Championship Hammer	FINAL

Javelin Events - Session 6

none

**Sunday, March 28, 2021 -
Session 7**

Stadium Events - Session 7

8:00 AM	Championship 4 Mile Relay	FINAL
8:00 AM	BOYS - Emerging Elite Triple Jump (pit 1)	FINAL
9:00 AM	Heptathlon Long Jump (pit 2)	Heptathlon
9:40 AM	Emerging Elite Distance Medley Relay	FINAL
10:00 AM	BOYS - Championship High Jump	FINAL
10:00 AM	BOYS - Championship Pole Vault (unseeded)	FINAL
10:40 AM	Championship 800m Medley	FINAL
11:00 AM	GIRLS - Emerging Elite Triple Jump	FINAL
11:10 AM	Emerging Elite 800m	FINAL
11:35 AM	Emerging Elite 400m Hurdles	FINAL
12:00 PM	Championship 400m Hurdles - All but top section	FINAL
12:15 PM	Championship 200m	Qualifying
12:40 PM	Emerging Elite 4x400m Relay	FINAL
1:15 PM	Championship 800m - All but top section	FINAL
2:00 PM	BOYS - Championship Long Jump	FINAL
2:30 PM	Heptathlon 800m	Heptathlon

Shot Put Events - Session 7

9:00 AM	GIRLS - Emerging Elite Shot Put	FINAL
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Discus/Hammer Events - Session 7

10:00 AM	GIRLS - Championship Hammer	FINAL
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Javelin Events - Session 7

9:00 AM	BOYS - Championship Javelin	FINAL
12:00 PM	Heptathlon Javelin	Heptathlon

Sunday, March 28, 2021 - Session 8

Stadium Events - Session 8

3:00 PM	Championship 400m - All but top section	FINAL
3:00 PM	GIRLS - Championship High Jump	FINAL
3:00 PM	BOYS - Championship Pole Vault (Seeded)	FINAL
3:25 PM	Championship One Mile - All but top section	FINAL
4:05 PM	Championship 4x400 - All but top section	FINAL
5:00 PM	GIRLS - Championship Long Jump	FINAL
5:00 PM	Championship 400m Hurdles - Girls - Seeded Section	FINAL
5:05 PM	Championship 400m Hurdles- Boys - Seeded Section	FINAL
5:10 PM	Championship 4x100m Relay	FINAL

5:20 PM	Championship 800m - Seeded Section	FINAL
5:30 PM	Championship 400m - Seeded Section	FINAL
5:40 PM	Championship One Mile - Seeded Section	FINAL
5:55 PM	Championship 200m	FINAL
6:05 PM	Championship Distance Medley Relay	FINAL
6:30 PM	Championship 4x400m Relay - Seeded Section	FINAL

Shot Put Events - Session 8

none

Discus/Hammer Events - Session 8

3:00 PM	BOYS - Championship Discus	FINAL
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Javelin Events - Session 8

3:00 PM	GIRLS - Championship Javelin	FINAL
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